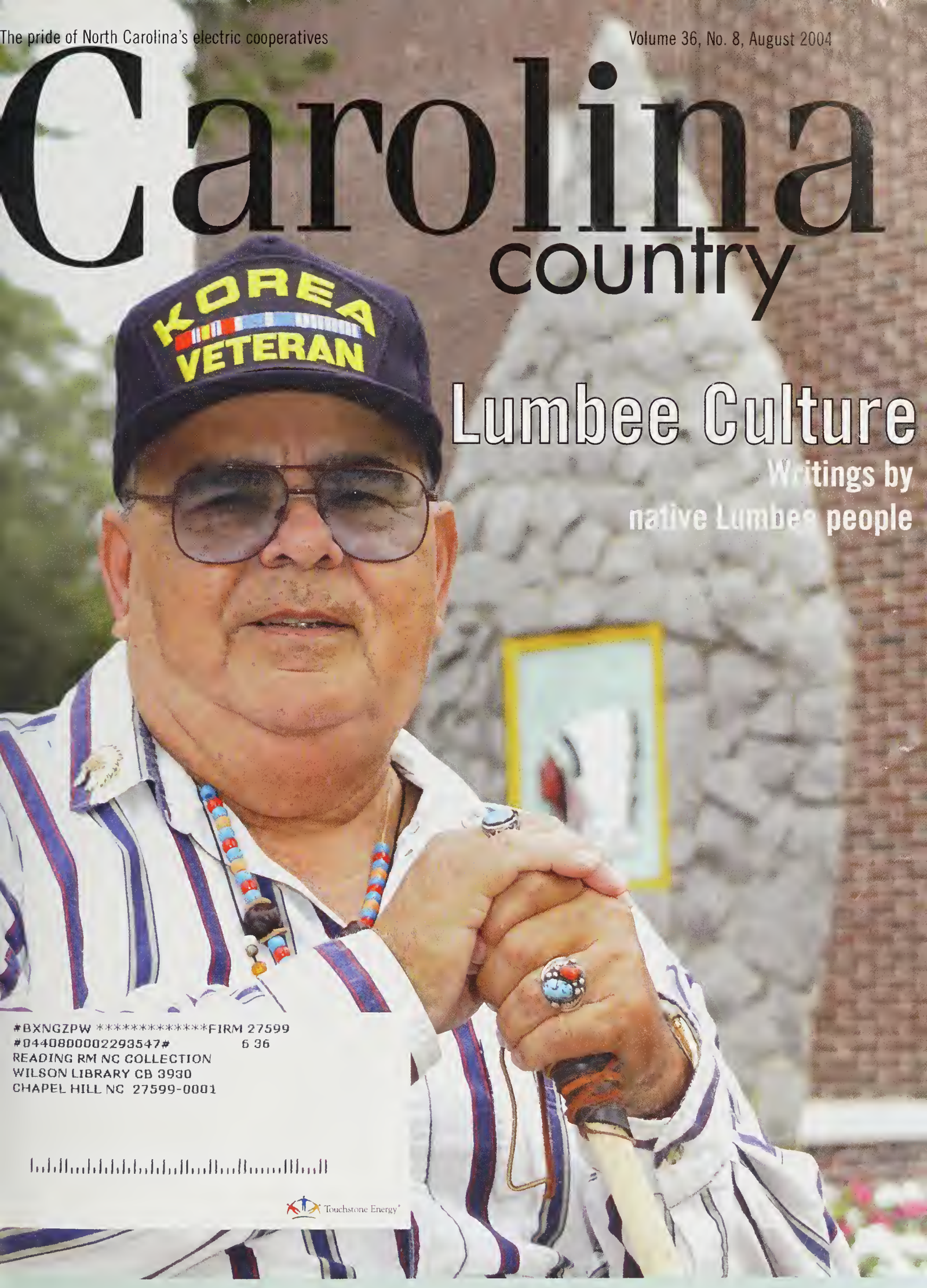
The pride of North Carolina's electric cooperatives

Volume 36, No. 8, August 2004

# Carolina country

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# Carolina country

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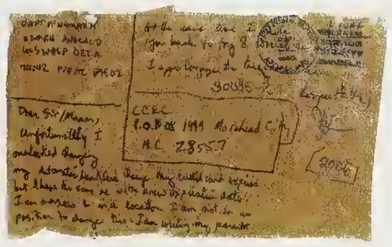
Erwin Jacobs of Robeson County tells of growing up as "Little Smoke" in the Lumbee tradition. See page 16. Photography by Ricky Parker, Lumberton.



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# This trial shows off learning

**By Ruth Sheehan**

The bailiff, Jennifer Walker, finished applying her lip gloss, then the judge gaveled the classroom, er, courtroom into order.

Asking a witness to place her hand on a thick chemistry textbook instead of a Bible, Walker asked, "Are you willing to uphold the truth, and other stuff?"

Both she and the witness collapsed into giggles.

The assistant prosecutor was baring a tanned midriff, and her pink underwear kept peeking out in back.

The first expert couldn't remember what she was supposed to testify about (blood).

As the opening statements began, one of the jurors called out, "Ms. Ligon, I like your pants!"

OK, "Law & Order" this is not.

But when it comes to the science, the kids in Pat Ligon's pharmacology, biotechnology and forensics class at Broughton High School are dead ringers for the crime-scene investigators on "CSI: Crime Scene Investigation."

Scratch just below the surface of this comedic mock trial, and you encounter a group of kids who have used a multitude of new skills to chart blood type, lift fingerprints and study impressions of teeth.

They've also employed a tool that teens don't get much credit for using: rational thought.

Watching these students marshal their evidence, I tried to remember a single lesson from my high school science courses. With the exception of vague memories of a dead frog, I can't.

By contrast, Ligon's students have been analyzing soil samples from a murder suspect's shoes. They've compared the results of infrared and nuclear magnetic resonance imaging to determine whether heroin, cocaine or methamphetamine was involved in the case. They've been studying slides of fibers and hair to figure out just who was at the murder scene.

"This class is fun," said Walker, the bailiff.

That's part of the reason why Ligon came up with the course. It's one of the reasons N.C. State University is helping her create a curriculum for it to be used in other schools in North Carolina and around the country.

"I believe participatory learning sticks," Ligon said after class.

Unfortunately, this sort of creative course work can also be expensive. Lab kits to test the conductivity of drugs and other substances run about $200.

It was a $1,400 Bright Ideas grant from North Carolina's electric cooperatives that made it possible for Ligon's students to perform thin-layer chromatography, to isolate suspicious substances from the scene.

Oh, and then there's the Rubbermaid tub of pelvises and skulls. That was thanks to Bright Ideas, too.

On Wednesday, the teens pulled together the semester's data and began arguing for and against the conviction of suspect No. 1.

The evidence is contradictory. The jury will decide the case midday Friday.

But for this gal, who snored through science, the verdict is in. On multiple counts of getting students excited about science, Ligon is guilty as charged.

Teachers interested in applying for a Bright Ideas grant fo the next school year should visit www.ncbrightideas.com or call Suzanne Ward at (800) 662-8835, ext. 2430.

*Ruth Sheehan is a columnist with The News & Observer o Raleigh. This column is reprinted with permission of The News & Observer.*

BRIGHT IDEAS

*Pat Ligon's Bright Ideas grants were awarded to her by Wake Electric Membership Corporation, Wake Forest.*

*North Carolina's Touchstone Energy cooperatives are accepting applications for Bright Ideas grants to be used in the 2004-2005 school year. Teachers who apply by the "Early Bird" deadline (August 18 or 20, depending on the co-op) will be entered into a drawing from which two digital cameras will be awarded as prizes. Otherwise, deadlines for application are in September and October. See the Web site for details: www.wncbrightideas.com*

# The famous Mount Airy ground steak sandwich

*Two readers recently asked us to track down the recipe for the famous ground steak sandwich from Mount Airy ["First Person," June 2004]. We received good response and several recipes. Three are reprinted here. We received similar recipes from Virginia Elizabeth Flippen of Mount Airy, Dona Ratliff Wall of Thomasville, Mary Willard of Kernersville, Steve Delph of Ararat (who made 60 to 100 pounds of it a week when he worked at a Mount Airy restaurant) and Leon Marsh of Roanoke, Va. Some of the recipes use sweet milk instead of water.*

## Archie Dobson's recipe

The famous ground steak sandwich was developed by Mr. Archie Dobson (now deceased), formerly of 120 Jackson Rd., Mount Airy. Mr. Dobson developed the recipe for this sandwich while he owned the Derby Cottage restaurant and subsequently the Snack Shack restaurant in Bannertown, south of Mount Airy on Highway 52.

Mr. Dobson was well known for his fine sandwich recipes and great service. He was able to build a large, loyal customer base because his customers enjoyed his sandwiches. Many customers were known to order his ground steak by the gallon for home use.

He passed on his recipes to me (his son) and my sisters. We are able to enjoy and share them with others. He also developed a good recipe for his famous chopped barbecue sandwich.

Here is Mr. Archie Dobson's famous Ground Steak Sandwich recipe. (Just reduce for a smaller quantity).

10 pounds ground beef
2 pounds ground beef fat

Mix well in baking pan and cover with water. Cook at 375 degrees until water is gone and all the meat browns. Stir occasionally during cooking. Place on burner. Barely cover with water (almost 3/4 gallon). Make a flour paste of 6 cups of flour and enough water to make a paste the consistency of heavy cream, stirring well to remove all lumps. Add 5 tablespoons of black pepper and 4 tablespoons of salt. Add to meat, stirring continuously and cooking over medium heat until mixture has thickened and is well cooked.

*Richard Dobson Sr.*
*Spirit Lake, Iowa*

## The Green Front recipe

My mom and brother own and operate The Blue Bird Diner in Mount Airy, and the ground steak sandwich is on their menu. We have been eating them at home for years. My mom and dad got the recipe from the Green Front Restaurant that used to be here in town years ago. Here is the recipe:

2 pounds of ground chuck (80 percent lean, no leaner, no fatter)
Salt
Pepper
Flour
Water

Brown the ground chuck and finely chop it. Salt and pepper it liberally. (The ground steak sandwich is kind of peppery.) Drain the grease from the beef. In a separate container mix 3 parts water and 1 part flour (1 1/2 cups of water to 1/2 cup of flour) and whisk together making sure there are no lumps. Move your ground chuck into a large pot, cook on medium heat, and add the water/flour mixture slowly until the beef reaches desired consistency. It should be the consistency similar to a sloppy joe. Best served on a bun or white bread with mayonnaise, slaw and tomato.

*Shannon Hodges & Evelyn and Scott Newman*
*Mount Airy*

## Do-as-you-please ground steak

My name is Jennifer and I'm from Mount Airy. It's pretty funny actually because my father lives down around Ferguson, and we were just talking last night about how no one who lives around him knows what ground steak is. (He grew up in Mount Airy also.) But anyway, I work in an ice cream shop/café type place—we do the whole banana splits, ice cream sundaes, 32 different flavors of ice cream, six different kinds of soft serve "yogurt" and things of that nature—-but at the other end we have hamburgers, hotdogs, foot-longs and ground steak. It's amazing to me how hardly anyone knows about ground steak. I love it! I could eat it every day! All it is is simply ground up cooked hamburger mixed with flour and water or milk. That's it. There's no need to measure anything. It's just a "do-as-you-please" type thing.

*Jennifer Hope*
*Mount Airy*

## Apology

After publishing the July magazine and its stories about "throwing good money after bad," we learned about an insensitive expression we allowed in one of the stories. The story concerned a dog who continually faced medical and other problems. The phrase applied to the unfortunate dog described him as "riding the short bus," which not-so-kindly refers to buses that transport disabled children. We apologize for using the term.

*-The Editors*

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There are some unattractive plastic digital atomic watches on the market, but when our German movement maker made it possible for us to break the $100 price barrier with a beautiful, classically styled stainless steel analog watch, we were truly excited.

The EMC$^2$ features precise atomic time with an automatic Standard time and Daylight Saving Time adjustment. It will adjust for leap years and even leap seconds! A breakthrough in technology at a breakthrough price.

The large numeric markers are luminescent and extremely easy to read so the watch is perfect for low light situation. The EMC$^2$ is water-resistant to 5 atms as well. The small readout shows you the date and has a digital second counter. This watch is rugged enough to take to the gym but handsome enough to wear to the boardroom or out to dinner. The designers built this watch for those who prefer their watches to be practical and sharp-looking rather than overrated and overpriced.

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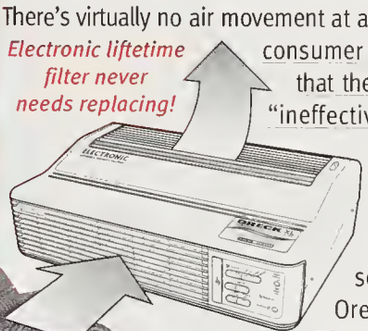


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# Your co-op is prepared for hurricane season

North Carolina's Touchstone Energy cooperatives are prepared for the hurricane season, which run through Nov. 30.

Since 1996, 11 significant hurricanes and tropical storms have seriously affected North Carolina cooperative members. In 2003, Hurricane Isabel knocked out essentially the entire systems of Albemarle EMC and Roanoke Electric and caused severe damage to Cape Hatteras Electric, Tideland EMC and other eastern North Carolina systems. At the height of Isabel, 127,000 electric cooperative consumers were without power. Overall, Isabel inflicted more than $11 million in damage to the electric cooperative system.

The electric cooperatives continue to improve their storm response and coordination with county, state and federal emergency management agencies. Cooperative personnel also take advantage of new technology, such as long-term storm tracking, to improve response and recovery efforts.

Particular improvement has been in the areas of crew coordination and supply staging. For example, when a tropical storm or hurricane is predicted to hit eastern North Carolina cooperatives, linemen from inland cooperatives and in neighboring states are mobilized and put on stand-by to assist the hardest hit cooperatives with power restoration. Linemen from outside cooperatives can get to work quickly because nearly all of the nation's electric cooperatives utilize the same basic power line engineering and construction.

*Hurricane Isabel last September left nearly all of Cedar Island in Carteret County under water.*

Cooperative personnel fine-tune their power restoration techniques based on real-time lessons learned during a storm. One such lesson is assigning "bird-dogs" to outside cooperative linemen. A "bird-dog" is a local cooperative employee who is familiar with the system and local geography.

Of the 11 storms that have caused significant damage to the cooperative system since 1996, Fran was the most costly to the electric cooperatives. At its height, Fran knocked out 305,000 consumers, or approximately 44 percent of electric cooperative member/consumers. Damage to the system was $23 million.

In 1999, Hurricane Floyd caused 268,000 outages and inflicted $20 million in damage to the cooperative system. Overall, Floyd was responsible for 35 deaths and approximately $3 billion in damage in the state, mainly due to flooding.

# At work in Raleigh

Directors and management staff from your Touchstone Energy cooperatives met with state legislators in Raleigh this summer to discuss matters affecting rural communities and cooperatives. In photo at right, Sen. R.B. Sloan (left), Republican from Iredell County (and the CEO of EnergyUnited), meets

Peter Damroth

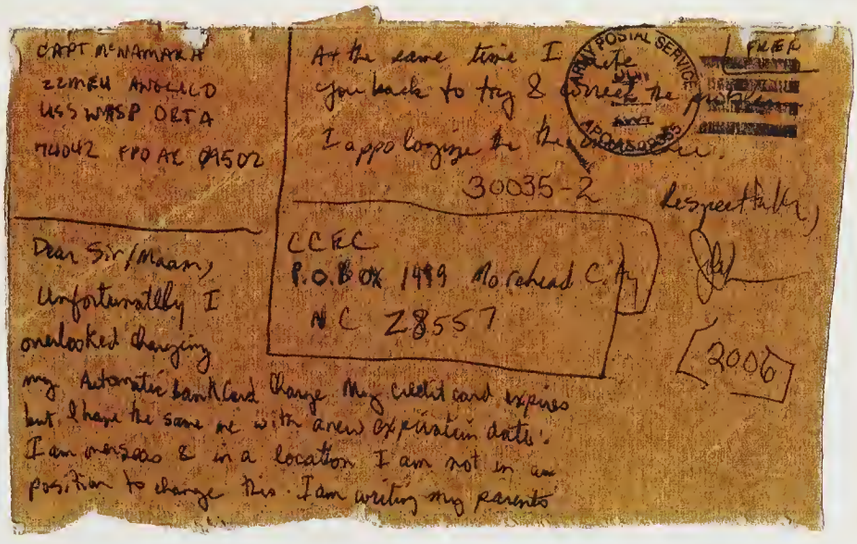
with delegates from Rutherford EMC (from left) board president Joseph Quinn, director Robby Eurey, director Dean Carpenter and general manager Gary Whitener. In photo at left, Sen. Charles Albertson (right), Democrat from Duplin County, greets delegates from Jones-Onslow EMC (from left) directors Thomas Waller, Horace Phillips, Dale Powell and CEO Ron McElheney.

# With the Marines in Afghanistan, John McNamara wonders if his electric bill was paid on time

A ragged-edged piece of cardboard from Afghanistan arrived in the mail at Carteret-Craven Electric Cooperative in Morehead City one morning this summer. On the handmade postcard was a message penned by U.S. Marine Corps Capt. John McNamara, who is working "Operation Enduring Freedom" with the 22nd Marine Expeditionary Unit from Camp Lejeune. He wrote the message on a square of the cardboard box that contains military rations, "good performance meals."

Capt. McNamara said he was concerned that his electric bill might not be paid on time while he is overseas. He realized his automatic bank draft to pay the bill wouldn't go through because his bank card had expired.

His note on the piece of cardboard said: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2006

*Dear Sir/Madam,*
*Unfortunately, I overlooked changing my automatic bank card charge. My credit card expires, but I have the same one with a new expiration date. I am overseas and in a location [where] I am not in a position to change this. I am writing my parents at the same time I write you to try to correct the problem. I apologize for the inconvenience.*

*Respectfully,*
*John*

He's a long way from his Emerald Isle home, and his new bank card probably was buried in the pile of mail that has been accumulating since he deployed. Along with other members of the 22nd MEU, he deployed in mid-February and isn't scheduled to return to the United States until fall.

"There is so much to do when you leave," said Capt. McNamara's mother, Enid, from her home in Texas. "If you are single, there is no one home to help you out."

And because Capt. McNamara is away from his base camp sometimes as long as a month, sending out e-mails or letters isn't easy. But his military rations postcard made it to the right place.

His parents know Carteret-Craven Electric and contacted the co-op's customer service representatives to take care of their son's bill. The McNamaras were members of the cooperative for several years while living in Havelock. Capt. McNamara's father, John Sr., also served in the Marine Corps.

For Mrs. McNamara, the utility bill is a small worry when contrasted with the dangers her son faces while in Afghanistan.

"The first couple of weeks were the worst," she said. "My stomach was in knots. But we have a lot of people praying for him. One of his teachers from elementary school learned that he was deployed, and she has the whole school praying for him. It seems my stomach stopped knotting when I learned that the school was praying. But I'll still be glad when he gets out of that country."

In the meantime, Capt. McNamara's family and others can keep up with the 22nd MEU on the Web at: http://www.usmc.mil/22ndmeu/index.htm

*—Lisa Taylor-Galizia*

# Touchstone Energy co-ops rate high

Touchstone Energy cooperatives continue to outshine the rest of the electric utility industry nationally when it comes to pleasing residential customers.

In the third and fourth quarters of 2003, Touchstone Energy co-ops scored 80 of a possible 100 points in the American Customer Satisfaction Index, while the industry average dropped from 73 to 72. The index is a weighted average of three questions on a 0 to 100 scale.

ACSI is managed by the University of Michigan Business School and sponsored by the American Society for Quality, a Milwaukee-based professional association.

In the "customer expectations" category—which measures customers' past experiences with a company, company communications and news coverage of a company and the industry—Touchstone Energy co-ops scored an 81, compared with the industry average of 77.

"Customers are expecting more from their energy providers, and the co-ops are answering that call," says Jim Bausell, Touchstone Energy's chief operating officer.

*—Rural Electric Magazine,*
*© National Rural Electric Cooperative Association 2004.*

# Storm Watch

## How to prepare your family and property for severe weather

### Outside

**1.** **Trim dead or weak branches from surrounding trees.** Do not leave them for curbside pickup during a storm watch.

**2.** **Moor boat securely, store it upside down against a wall** or move it to a safer place. Remove canvas. Anchor a boat trailer with strong rope.

**3.** **Protect your windows with custom-fit shutters or 5/8-inch** plywood. Check with your local building inspector.

**4.** **Keep roof drains clear.**

**5.** **If you live in a flood-prone area, elevate or move structures** to higher ground.

**6.** **Bring indoors objects that may be blown or swept away,** such as lawn furniture, trash cans, children's toys, garden equipment, clotheslines and hanging plants.

**7.** **Lower water level in pool 6 inches. Add extra chlorine.** Turn off electricity to pool equipment and wrap up any exposed filter pumps with a waterproof covering.

**8.** **Plan how to take care of your pets. Leave them with a** friend. If you must evacuate, it is best to take your pets with you, but most shelters will not allow them. Large animals in barns should have plenty of food and water.

**9.** **If a storm is pending, fuel your vehicle.**

**10.** **Keep a smaller Disaster Supplies Kit (see next page) in** the trunk of each car.

**11.** **Keep sliding glass doors wedged shut in high wind.**

**12.** **If you use a portable generator, make sure you know** what loads it can handle, including start-up wattage. If you connect the generator to household circuit, you must have a double-pole, double-throw transfer switch installed between the generator and outside power, or the "back-feed" could seriously harm or kill utility line workers.

**13.** **Remove outdoor antennas, after unplugging** televisions.

### Inside

**14.** **Store valuables in a waterproof container at the** highest point in your home.

**15.** **Make two photocopies of vital documents and keep** the originals in a safe deposit box. Keep one copy in a safe place in the house, and give the second copy to someone out-of-town. Vital documents include birth and marriage certificates, tax records, credit card numbers, financial records, wills and trusts.

**16.** **Install smoke alarms on each level of your home,** especially near bedrooms. Use the test button to test them once a month. Replace batteries at least once a year.

**17.** **If a family member relies on life-support equipment,** make sure your electric cooperative knows ahead of time.

**18.** **Fill bathtubs, sinks, and jugs with clean water in case** water becomes contaminated.

**19.** **Pick a "safe" room in the house, usually a first-floor** interior hallway, room or closet without windows.

### Resource information

*Federal Emergency Management Agency (FEMA)*
*500 C Street, SW*
*Washington, D.C. 20472*
*Phone: (800) 480-2520*
*www.fema.gov*

*American Red Cross*
*Attn: Public Inquiry Office*
*431 18th Street, NW*
*Washington, D.C. 20006*
*Phone: (202) 639-3520*
*www.redcross.org*

**20.** **Plan home escape routes. Find two ways out of** each room.

**21.** **Check and protect objects that could cause harm** during a bad storm: bookshelf, hanging pictures, gas appliances, chemicals.

**22.** **Write and videotape an inventory of your home,** garage, and surrounding property. Include information such as serial numbers, make and model numbers, physical descriptions, and price of purchases (receipts, if possible). Store a copy somewhere away from home, such as in a safe deposit box.

**23.** **Keep a portable, battery-operated radio or television** and extra batteries.

**24.** **Post emergency telephone numbers.**

**25.** **Show adult family members where your fire extinguishers** are and how they work.

**26.** **Make a plan for family members to reunite if** separated (if children are at school and adults are at work). Designate an out-of-state relative or friend as a contact person and make sure everybody in the family knows how to reach the person.

**27.** **Teach all responsible family members how and when** to turn off the water, gas, and electricity at the main switches or valves. Keep a wrench near gas and water shut-off valves. Turn off utilities only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.

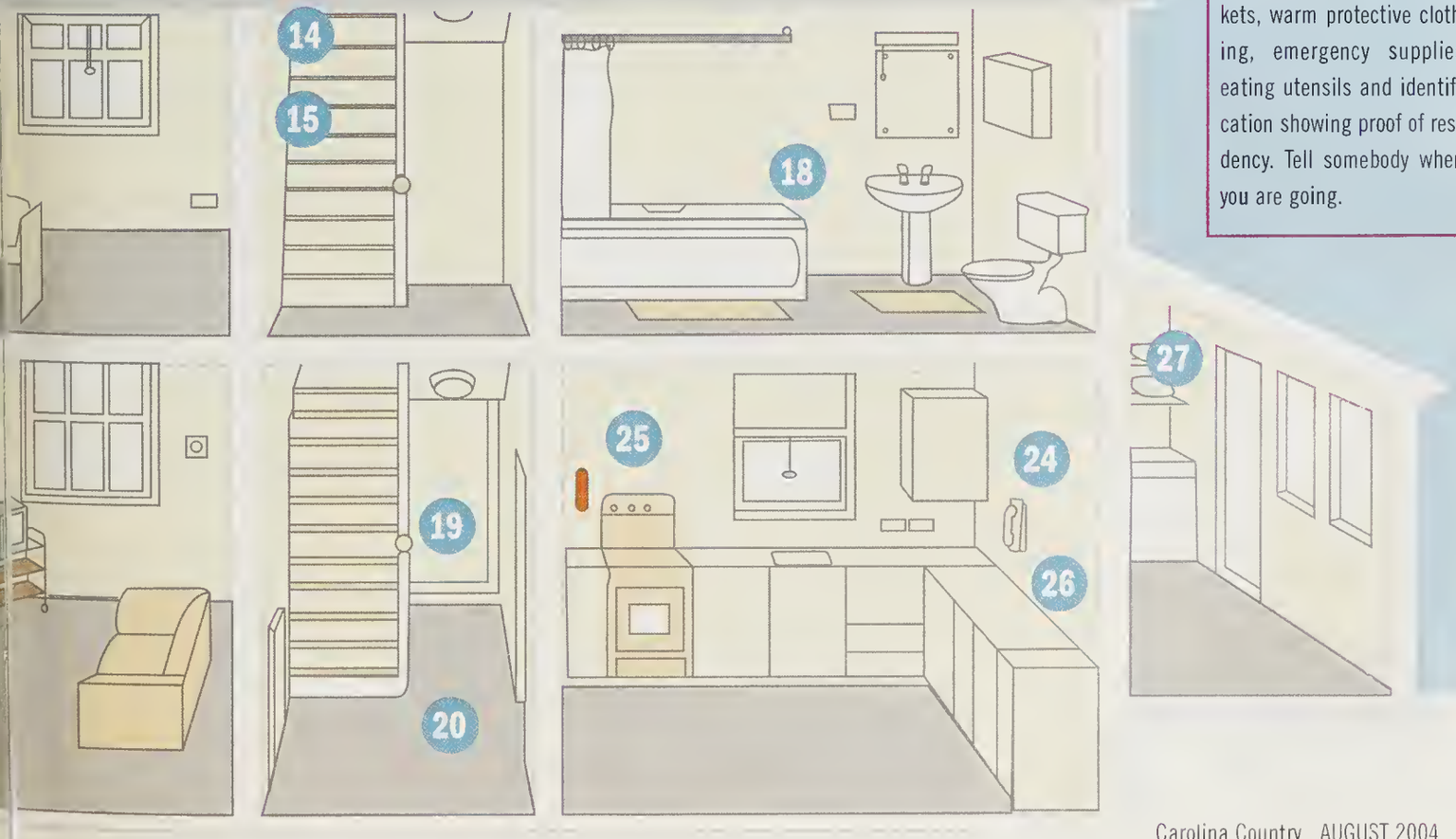
## A Disaster Supply Kit (recommended by the American Red Cross)

*Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.*

- Emergency food & drinking water
- At least one change of clothes
- Baby food, diapers & formula
- Batteries
- Bleach (without lemon or additives)
- Books, magazines, cards & games
- Butane lighters
- Cash & credit cards
- Camera & film
- Car keys.
- Charcoal & lighter fluid
- Clock (non-electric)
- Cooler (with ice)
- Duct & masking tape
- Extension cords
- Fire extinguisher
- First Aid kit
- Flashlight
- Grill or camp stove
- Heavy plastic (for roof if damaged)
- Lantern with extra fuel
- Manual can opener
- Matches
- Medicines, glasses or contact lens supplies
- Mosquito repellent
- Personal identification.
- Pet food
- Phone numbers of places you could go.
- Plastic trash bags
- Radio (battery-operated) or TV
- Rope (100 ft.)
- Sleeping bags, pillows & blankets
- Soap & shampoo
- Sturdy shoes
- Toilet paper & towelettes
- Tool kit including hammer, crowbar, nails, saw, gloves, etc.
- Water purification tablets

## If you must evacuate

leave as quickly as possible. Unplug your appliances, but leave on your refrigerator. Turn off the main water valve. If time allows, move furniture to a higher place. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.



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See Rounds 1-4 in the "Your Stories" section of our Web site at www.carolinacountry.com

**From Jessie Brown, Harmony**
- You know that Texas Pete is made in Winston-Salem, not Texas.
- You remember giving nickels and pennies to bring the USS North Carolina home.
- You tell someone you ate soakie for breakfast and they know what you're talking about.
- Your supper is cornbread and a glass of milk.
- You know how many salad greens to cook in order to make a mess of greens.
- You know what sawmill gravy is.
- Opossums and raccoons eat all of the cat food or dog food off of your front porch.

**From Jeannette Williams:**
- You have ridden in the back of a pick-up truck in the cool of the morning to go work in the tobacco fields.
- You get green thumbs every summer from shelling peas and butter beans.
- One of your relatives makes muscadine wine.
- You remember catching June bugs and tying strings to their legs.

**From Mark Scott, Randolph EMC member**
- You know what red horse suckers are and have eaten them. (They are large bottom-feeding fish that migrate into freshwater streams in the spring to spawn.)

**From Rosa Myrick**
- You sit on the pisen instead of the porch.
- You say bed kivers instead of bed covers.
- You sop flour bread with molasses.
- You have eaten battered and fried pig feet.
- You have eaten the seeds inside May Pops.
- You have chewed rabbit tobacco.
- You say 'lasses puddin' rather than gingerbread.

**From Sabrina Lyons, Bostic**
- I can't teach ya, but I'll learn ya quick.
- You ever took a bath in the front yard in a tin tub.
- You rolled down a hill in a barrel.
- You blowed a tar, or caught somethin' on far.
- You know a cheer ain't something you do, it's something to sit on.

**From Michelle Gryder, Statesville**
- You get a kiss when he's got a little chew.
- You go mud slingin' after a good rain.
- Your first movin' wheels was a lawnmower.
- You'd rather drink out of a mason jar, than a cup.

**From Rick Henson, Cashiers**
- A brown bag is a poke (or, if you're educated, a paper sack).
- The highlight of your Saturday is going to get a dope and a moon pie.
- You would rather cook your potatoes whole un-peeled in the coals of an outside fire.
- You know the exact distance of back yonder and over yonder.
- Your husband's, son's and daughter's birthday or Christmas presents are a registered blue tick, black and tan, and plot pup.

**From Joyce Blythe, Waxhaw**
- You know that "3" and Earnhardt are synonymous.
- You meet someone and ask before ending the conversation, "What church do you go to?"

**From Ted Auten, Concord**
- You call a garden-hose a hose-pipe.
- Youens (pronouonced "yew-ins") and y'all have the same meaning.
- Sure and shore are the same word (as in "I shore do miss my dog").
- You have heard of wampus cats.

**From Chris White**
- While growing up, you had Sunday shoes, a Sunday coat and Sunday britches.
- You're a registered Democrat but always vote Republican in November.
- When you went to Greenville or Rocky Mount you thought you were in the big city.
- Parker's Barbecue in Greenville and Wilson was considered fine dining.
- When growing up, Saturday night TV consisted of "Mid-Atlantic Championship Wrestling" followed by the "Porter Waggoner Show" and "Hee-Haw."
- You didn't get spanked, you got whupped.
- You've stayed home from school to watch the ACC basketball tournament.

**From Eugene Dodge, Vale:**
- The ladies figuring your electric bill at the co-op office have to take off their shoes first.
- The co-op's meter reader carries a wad of tobacco in his cheek for protection against vicious dogs, and he can hit either of your dog's eyes with a spit of tobacco from a distance of 10 feet.
- The co-op's district manager asks you how you like his new suit, and he is wearing a pair bib overalls.

**Hope DiStaola, Union Power member**
- The kids have a day off from school because it might snow.
- You go to the 4th of July parade every year to watch tractors and horses, and you know everyone on the tractors and horses.
- You wave at everyone you see when you're driving even if you don't know them.
- You know what a tractor pull is.

**From La Donna Cummings, Pittsboro**
- You put on your shoes for company, and they take theirs off at the door.
- You give good directions using landmarks but can't remember the name of the road.
- Your kids ask Santa for some salt lick and a bow.
- Your sons get a summer haircut so you can see the ticks.
- People are not fat, they're healthy.
- Your husband tries to claim his dogs on his taxes.
- You always say, "Yes, ma'am."
- Squirrels are used for target practice with sling shots loaded with acorns.
- Your dad doesn't like the Internet "cause it's no good for fishing."

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## NON-TOBACCO RATES

MONTHLY RATES

| | Issue Age | $50,000 Male | $50,000 Female | $100,000 Male | $100,000 Female | $250,000 Male | $250,000 Female | $500,000 Male | $500,000 Female |
|---|---|---|---|---|---|---|---|---|---|
| 15 Year Term | 20-25 | Call for more information | | 12.34 | 11.11 | 14.88 | 12.91 | 24.50 | 20.56 |
| | 26 | | | 12.34 | 11.11 | 14.88 | 12.91 | 24.50 | 20.56 |
| | 27 | | | 12.34 | 11.11 | 14.88 | 12.91 | 24.50 | 20.56 |
| | 28 | | | 12.34 | 11.20 | 14.88 | 13.13 | 24.50 | 21.00 |
| | 29 | | | 12.34 | 11.20 | 14.88 | 13.13 | 24.50 | 21.00 |
| | 30 | | | 12.34 | 11.20 | 14.88 | 13.13 | 24.50 | 21.00 |
| | 31 | | | 12.34 | 11.29 | 14.88 | 13.13 | 24.50 | 21.00 |
| | 32 | | | 12.34 | 11.29 | 14.88 | 13.13 | 24.50 | 21.00 |
| | 33 | | | 12.43 | 11.38 | 14.88 | 13.34 | 24.50 | 21.44 |
| | 34 | | | 12.43 | 11.46 | 14.88 | 13.34 | 24.50 | 21.44 |
| | 35 | | | 12.43 | 11.64 | 14.88 | 13.56 | 24.50 | 21.88 |
| | 36 | | | 12.78 | 11.99 | 15.53 | 14.22 | 25.81 | 23.19 |
| | 37 | | | 13.21 | 12.51 | 16.41 | 15.31 | 27.56 | 25.38 |
| | 38 | | | 13.56 | 13.04 | 17.06 | 16.41 | 28.88 | 27.56 |
| | 39 | | | 14.09 | 13.74 | 17.94 | 17.50 | 30.63 | 29.75 |
| | 40 | | | 14.61 | 14.35 | 19.03 | 18.81 | 32.81 | 32.38 |
| | 41 | | | 15.66 | 14.96 | 20.78 | 19.91 | 36.31 | 34.56 |
| | 42 | | | 16.98 | 15.66 | 22.97 | 21.22 | 40.69 | 37.19 |
| | 43 | | | 18.11 | 16.10 | 25.38 | 22.09 | 45.50 | 38.94 |
| | 44 | | | 19.51 | 16.71 | 27.78 | 23.41 | 50.31 | 41.56 |
| | 45 | | | 21.18 | 17.59 | 30.63 | 24.94 | 56.00 | 44.63 |
| | 46 | | | 22.49 | 18.20 | 33.03 | 26.03 | 60.81 | 46.81 |
| | 47 | | | 24.33 | 19.08 | 36.53 | 27.56 | 67.81 | 49.88 |
| | 48 | | | 26.16 | 20.04 | 39.81 | 29.31 | 74.38 | 53.38 |
| | 49 | | | 28.18 | 20.83 | 43.75 | 30.84 | 82.25 | 56.44 |
| | 50 | | | 30.36 | 21.96 | 47.91 | 33.03 | 90.56 | 60.81 |
| | 51 | | | 32.64 | 23.19 | 51.84 | 35.22 | 98.44 | 65.19 |
| | 52 | | | 35.35 | 24.59 | 56.88 | 37.84 | 108.50 | 70.44 |

MONTHLY RATES

| | Issue Age | $50,000 Male | $50,000 Female | $100,000 Male | $100,000 Female | $250,000 Male | $250,000 Female | $500,000 Male | $500,000 Female |
|---|---|---|---|---|---|---|---|---|---|
| 15 Year Term | 53 | Other amounts also available | | 38.06 | 26.16 | 61.91 | 40.69 | 118.56 | 76.13 |
| | 54 | | | 40.86 | 27.65 | 67.38 | 43.31 | 129.50 | 81.38 |
| | 55 | | | 44.36 | 29.58 | 73.72 | 46.81 | 142.19 | 88.38 |
| | 56 | | | 50.31 | 32.73 | 84.66 | 51.84 | 164.06 | 98.44 |
| | 57 | | | 56.96 | 35.96 | 96.91 | 57.31 | 188.56 | 109.38 |
| | 58 | | | 64.14 | 39.64 | 110.03 | 63.00 | 214.81 | 120.75 |
| | 59 | | | 71.23 | 43.31 | 123.16 | 69.13 | 241.06 | 133.00 |
| | 60 | | | 80.15 | 47.86 | 139.56 | 76.34 | 273.88 | 147.44 |
| 10 Year Term | 61 | | | 53.99 | 37.36 | 96.91 | 60.59 | 188.56 | 115.94 |
| | 62 | | | 59.50 | 40.69 | 108.06 | 66.50 | 210.88 | 127.75 |
| | 63 | | | 65.01 | 44.01 | 119.00 | 72.19 | 232.75 | 139.13 |
| | 64 | | | 70.53 | 47.34 | 129.94 | 78.09 | 254.63 | 150.94 |
| | 65 | | | 77.44 | 51.63 | 143.72 | 85.53 | 282.19 | 165.81 |
| | 66 | | | 85.14 | 55.30 | 158.81 | 91.44 | 312.38 | 177.63 |
| | 67 | | | 95.46 | 58.98 | 179.16 | 99.53 | 353.06 | 193.81 |
| | 68 | | | 105.79 | 63.79 | 199.72 | 107.41 | 394.19 | 209.56 |
| | 69 | | | 116.11 | 68.43 | 220.06 | 115.50 | 434.88 | 225.75 |
| | 70 | | | 128.98 | 73.85 | 245.44 | 125.56 | 485.63 | 245.88 |
| | 71 | | | 147.79 | 87.59 | 283.50 | 152.69 | 561.75 | 300.13 |
| | 72 | | | 172.81 | 106.14 | 334.03 | 188.78 | 662.81 | 372.31 |
| | 73 | | | 197.84 | 124.69 | 384.78 | 224.88 | 764.31 | 444.50 |
| | 74 | | | 222.86 | 143.15 | 435.31 | 261.19 | 865.38 | 517.13 |
| | 75 | | | 254.19 | 166.25 | 498.75 | 306.25 | 992.25 | 607.25 |
| | 76 | | | 282.89 | 187.25 | 556.72 | 347.38 | 1108.19 | 689.50 |
| | 77 | | | 321.21 | 215.34 | 634.16 | 402.06 | 1263.06 | 798.88 |
| | 78 | | | 359.54 | 243.43 | 711.38 | 456.97 | 1417.50 | 908.69 |
| | 79 | | | 397.86 | 271.60 | 788.81 | 511.88 | 1572.38 | 1018.50 |
| | 80 | | | 442.84 | 301.44 | 885.72 | 580.56 | 1766.19 | 1155.88 |

Premiums illustrated represent ages 61-80 for 10 year level term and ages 20-60 for 15 year level term insurance with guaranteed level premiums for 10 and 15 years (not all forms available in all states). $100,000 rates are LTG Ultra-C, (policy form no. LTG-C01 AG Preferred Nontobacco). $250,000 - $500,000 rates are LTG Ultra (policy form no. LTG 2000AG Preferred Nontobacco). It is issued by American General Life Insurance Company, Houston, TX. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Premiums for other rate classes, age and payment plans are available upon request. Death benefit remains level and is payable in lump sum, or installments, if so elected. The insurance company may contest the policy for two years from date of policy issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. In the event of suicide in the first two years, policy benefit is limited to return of premium paid. NOT AVAILABLE IN ALL STATES. American General Life Insurance Company is a member of the American International Group, Inc. The underwriting risks, financial obligations and support functions associated with the products issued by American General Life Insurance Company are solely its responsibility. American General Life is responsible for its own individual financial condition and contractual obligations.

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## Application Request Form

The information you provide will be kept in strict confidence.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

HOME PHONE ( ) _____ WORK PHONE ( ) _____

BENEFICIARY _____ AGE _____

The best time to call me is:

❑ Morning ❑ Afternoon ❑ Evening ( ❑ Home ❑ Work)

I wish to pay my premiums: ❑ Annually ❑ Semi-Annually ❑ Monthly Bank Draft

ADDITIONAL APPLICATION REQUESTED FOR:

NAME _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

Comments: _____

❑ I wish to cover my children

I am also interested in: ❑ 15 year term ❑ 20 year term ❑ 30 year term

MS1-B083-Ultra-C/Ultra LTG 15,10

# U.S. GOV'T GOLD
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***Thank you President Reagan for the most beautiful Gold coins ever minted, the Gold American Eagles.***

### REAGAN INSPIRED GOLD COINS FINAL RELEASE

The United States Rare Coin and Bullion Reserve extends it condolences and gratitude to the Reagan family. President Reagan accomplished countless wonderful things for our nation. Among the finest, was the passing of Public Law 99-185 which allowed all Americans to own gold coins minted in the United States by the U.S. Mint. In honor of President Reagan's outstanding presidency, the United States Rare Coin and Bullion Reserve Vault Facilities announces the final release of 5,000 2003 U.S. Gov't Issued Gold Coins previously held in The West Point Depository/U.S. Mint. For the first time in history, U.S. citizens will be able to buy 2003 Gov't Issued $5 Gold Coins at an incredible mark-up free price of only $45.00 each, $20 less than the nationally advertised price. A limit of ten U.S. Gov't Issued Gold Coins per customer will be strictly adhered to. Orders that are not immediately received or reserved with the order center could be subject to cancellation and your checks returned un-cashed. Good luck. We hope that everyone will have a chance to purchase this special U.S. Gov't Issued Gold at cost. Order immediately to avoid disappointment. 2004 coins will be shipped if oversold. Call Toll-Free 1-800-603-0050.

### GOLD MARKET EXPLODES

Times were different when President Reagan was in the White House. Today the war on terrorism and the escalating violence in Iraq are daily news events. Add to the equation over 8,000,000 (8 million) unemployed Americans, rampant corporate fraud, out of control government spending, the inability to balance the budget and you have an insurmountable debt that tops $7 Trillion and continues to grow each and every minute. President Reagan understood the need to protect the American public. One of his strategies was to make it easy for everyone to own Gold. This vision was absolutely correct. The Gold Market has outperformed the S&P 500 for the past five years. In addition, the performance of CD's and savings accounts can't even come close to the gains that Gold has made. This is why now is the time to move paper assets into Gold. It is crucial that individuals move now because as soon as tomorrow, Gold could start it's predicted steep rise from $390 to $1,500 per ounce.

### GOLD IS BETTER THAN MONEY IN THE BANK

If you had $50,000 in the bank and you transferred it into gold at today's prices, you would now have an opportunity to gain as much as 5 times its value. That's right, a quarter of a million dollars. On the other hand, if you leave that same $50,000 in the bank for 10 years, chances are, it's only going to be worth the same $50,000. Unfortunate...but true. You must understand that when you convert money to gold, you haven't spent your money, but have transferred its value from a declining paper currency, to a precious metal that is rising in both market and numismatic value. Owning Gold offers protection for your money. Don't wait. Your $50,000 could be worth $250,000 some day.

### AUTHORIZED BY PRESIDENT RONALD REAGAN

PUBLIC LAW 99-185 99 STAT. 1179

OFFICIAL GOV'T ISSUED $5 GOLD COINS

By executive order of Ronald Reagan and Congress Public Law 99-185, Americans can now buy new Government Issued gold. Where once restricted as a nation, Ronald Reagan opened the doors for everyone to purchase Gold and create security within their family's savings. Today's volatile economic environment is breeding uncertainty world-wide. This is why it is very important for all Americans to own Gold. Ronald Reagan understood this and fought to leave a legacy of Gold to protect the citizens of this great nation he loved so much. The Gold American Eagles' design features a moving tribute to the unity of the American family. Thank you Ronald Reagan, one of the greatest presidents of all time, for the Gold American Eagle program. You will always be remembered.

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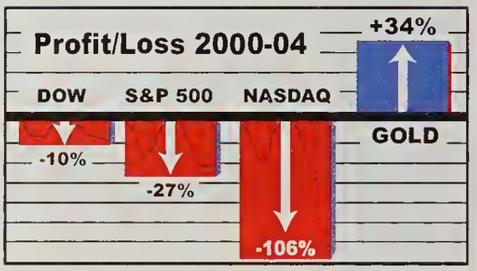
### GOLD OUTPACES THE DOW, NASDAQ AND S&P 500




Trusting your financial future to the stock market's performance has been a bad situation for the past 5 years. In fact, the above graph clearly shows that not only the DOW, but the S&P 500 and NASDAQ are all down from January 2000. Gold, on the other hand, is up 34% since January 2000. If you had purchased $50,000 worth of Gold in January 2000, that same gold would be worth $67,000 today - a profit of $17,000. Most stocks cannot even come close to that gain. The Gold Market is on the move and is showing signs of taking off like a rocket. Many experts can offer excellent insight into the future price trends of Gold, but no one, including The United States Rare Coin and Bullion Reserve, can guarantee a Gold Coin's future value will go up or down. Do not wait to move your hard earned money out of stocks and into Gold.

### WHY TO BUY GOLD NOW

- **Gold has outperformed the Stock Market for the past 5 years in a row.**
- **Smart individuals are moving 20-30% of their assets into U.S. Gov't Gold Coins.**
- **$50,000 in U.S. Gov't Gold Coins could be worth up to $250,000 in the future.**
- **With the National Debt at $7 Trillion and rising, Gold has an upside potential that has not been seen since the 1980's.**
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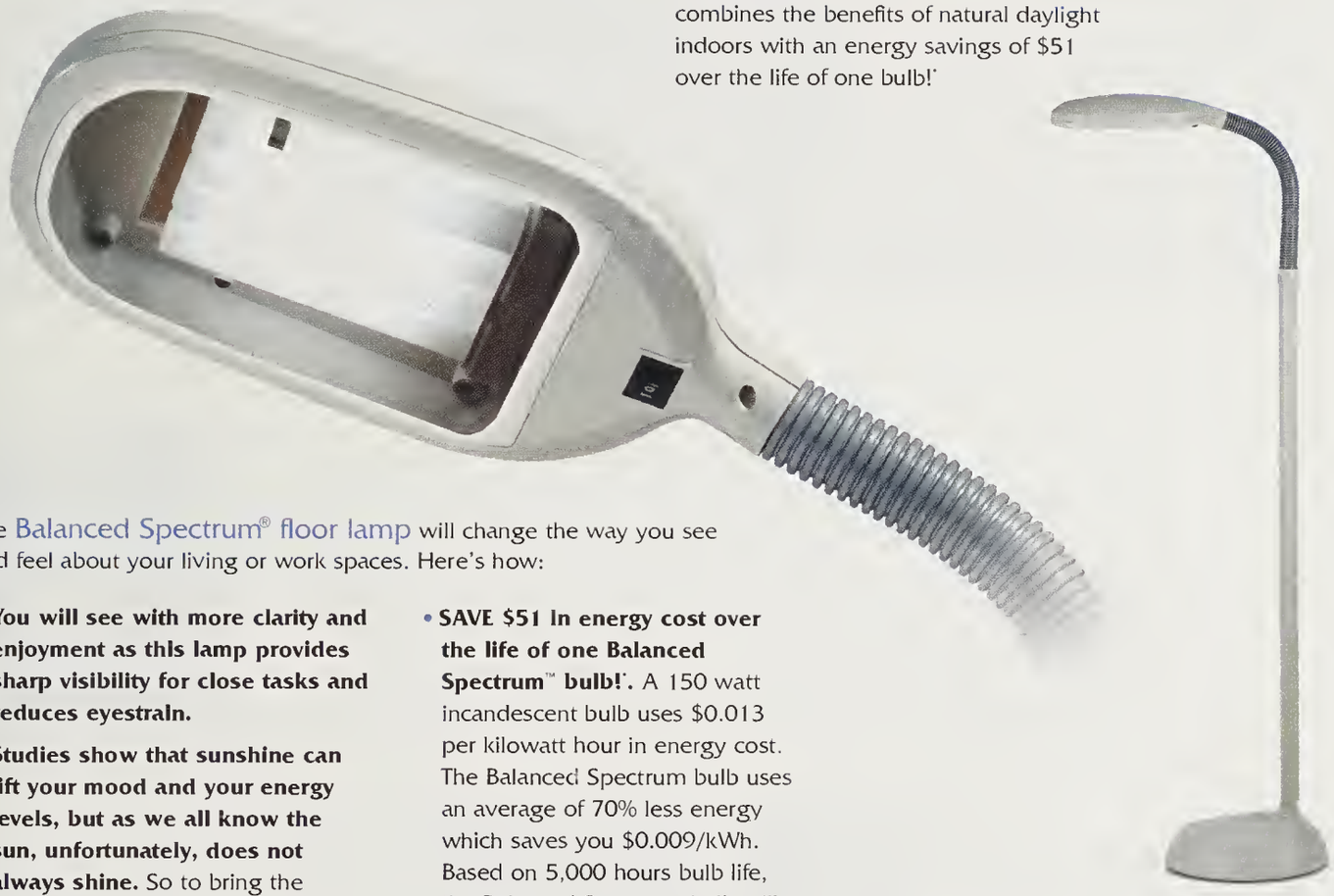
The Balanced Spectrum® floor lamp combines the benefits of natural daylight indoors with an energy savings of $51 over the life of one bulb!*



The Balanced Spectrum® floor lamp will change the way you see and feel about your living or work spaces. Here's how:

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- **Studies show that sunshine can lift your mood and your energy levels, but as we all know the sun, unfortunately, does not always shine.** So to bring the benefits of natural daylight indoors, we created the Balanced Spectrum™ floor lamp that simulates the full spectrum of daylight.
- **Its 27-watt compact fluorescent bulb is the equivalent to a 150-watt ordinary light bulb.** This makes it perfect for activities such as reading, writing, sewing and needlepoint, and especially for aging eyes. This lamp has a flexible gooseneck design for maximum efficiency and a dual position control switch for 27 and 18 watts of power, with an "Instant On" switch that is flicker-free. The high-tech electronics, user-friendly design, and bulb that lasts five times longer than an ordinary bulb make this product a must-have.
- **SAVE $51 in energy cost over the life of one Balanced Spectrum™ bulb!*.** A 150 watt incandescent bulb uses $0.013 per kilowatt hour in energy cost. The Balanced Spectrum bulb uses an average of 70% less energy which saves you $0.009/kWh. Based on 5,000 hours bulb life, the Balanced Spectrum bulb will save $46 in energy cost. Plus, because the Balanced Spectrum bulb lasts 10 times longer than an incandescent bulb priced at an average of $0.50, an additional $5 savings is realized.

*Source: "Lighting the Way to Energy Savings"; 1999

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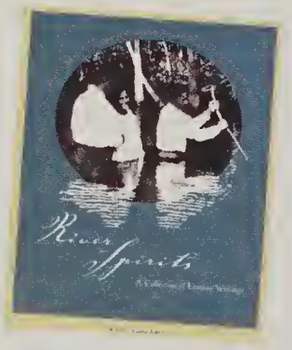
# River Spirits

## A selection of Lumbee writing

*Published here are excerpts from the book "River Spirits: A Collection of Lumbee Writings," edited by Stanley Knick. Carolina Country reprints them with permission of Native American Resource Center Publications, which published the book in 2003. Dr. Knick is director of the Native American Resource Center museum and a professor in the American Indian Studies Department at UNC Pembroke. The book features 49 writers. It is 176 pages in softcover and available for $21.35 plus $3 shipping from the Native American Resource Center, UNC Pembroke, P.O. Box 1510, Pembroke, NC 28372. Phone: (910) 521-6282. Web: www.uncp.edu/nativemuseum*

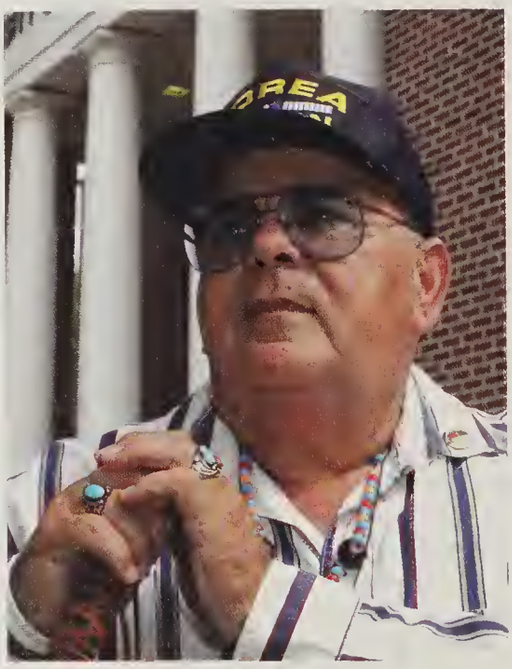



### Excerpt from "The Growing Up of Little Smoke"

*by Erwin Jacobs*

Many Moons ago there was in the land of the Lumbees a little boy roaming the swamps, woods and Highway 74, which ran east to the Atlantic Ocean and west to the mountains known as the Great Smokies. He was the last of ten children (five boys and five girls). The family lived in the rural area of Robeson County, and as food was scarce, some of the children were sent off to live with relatives and others to work on their farms for their keep. Not wanting to separate her children, their mother knew she couldn't provide for them with adequate food, clothing and shoes; times were very hard.

We were brought up in Harper's Ferry Baptist Church all our lives, also going to Harper's Ferry School to get an education as a small boy. I loved people and they loved me — a chubby, black-headed, smiling boy, even though I lived in a small shack beside 74, then running through Pembroke (mostly inhabited by Native Americans). As people would come by on their journeys east and west, I would stand on a pile of wood strips (cut up for fire wood) and wave and smile as they passed by. Often they (white folks) would stop and talk to me, give me candy, cookies and other goodies, even wanting to take me with them. Of course my mother refused their offer. She would make-do with what she could to feed us three children that remained at home: my sister Lizzie, brother Daniel and myself.



*Erwin Jacobs photographed by Ricky Parker during this summer's Lumbee Homecoming.*

We were brought up in our Native traditions also in church. Mother worked

along with her cousins and many friends building a long house, cutting & stripping bark from young pine trees, clay daubing between logs to keep the elements out and keep it dry inside. The Long House was completed with much labor and many hours team work. I can still hear the chanting, beating of the drums, toe & heel dancing, rattling of the gourds and singing. There was a stuffed turtle where the chiefs sat or stood by a wooden platform. This goes back to many years before we were given the name Lumbee. A sign stood at the front entrance which read "American Indian, United Indian," as our people would gather by the hundreds from all around for the powwows.

As one relative or the other took titles as chief for a few years, corruption and mischief abounded within the tribe. Outside people would come in and exploit the people's money (oh yeah, remember the tubs of silver coins — and the washpots of food gladly eaten — and promises of getting us recognized, and money promised to us to make our lives better?). How the leaders were coerced to take the money and run? If you attended the powwows back then you know what I'm talking about. This is the time I was given the name "Little Smoke" by a supposedly Piscattaway Indian Chief who came here with many promises to the Lumbee People, as we had chosen to be called. Several of my relatives journeyed to Cherokee Reservation as Cherokees. I quote: "Yes we will recognize you as our brothers, but not as Cherokee." Then the name Lumbee was taken, not in the 1950s some say!

I saw how bad my people had been taken and made fools out of so many times by outsiders. I wanted to do better and help my mother. After my junior year in high school, I joined the Navy and went to war (Korean), as did so many of my friends and relatives. Many times lately I have been asked if I had it to do over again would I have retired from the military, come back to Robeson County as many of my classmates — professor James B. Chavis, Lycurous Lowry amongst many others— would my life be different? I traveled to the Far East, crossed the United States twelve times, lived in the North and traveled from Vermont to Florida. I made and tested electrical printed circuits for over thirteen years for Phot Circuits in Glen Cove, N.Y., and bred and raised exotic birds in Florida before returning to Robeson County to retire. I have lived a good life, fathered two lovely children, have two wonderful grandchildren.

For the last ten years I have been very active and faithful to the church, four years as an officer in the V. F. W., and there is more work for me to do as I age gracefully.

*The painting on top of page 16 is "From a Brother To Another," by James Locklear Brooks, one of the "River Spirits" writers. Pictured above are images from the book.*

## Excerpt from "The Lights Always Dance"

*by Barbara Collins*

Peter remembered that awful day, some 20 years back when Pappy, a big, robust man came down with some bacterial disease after having his gall bladder removed. In a span of six months, Pappy had lost almost 100 pounds and could not lift his head off the pillow. Pappy's wife, Jessie Bell, kept a bedside vigil throughout his sickness, but did manage to get word to his children by the Rev. Simmie Barton, Sr. that Pappy's birth dinner would be held on Saturday.

All of his children and their families gathered on that day for the best food this side of the river, but more importantly, to honor their father. Peter's sister, Zadie, one of the best cooks he knew, brought just about anything a man could want to eat: a pot full of chicken and pastry; homemade biscuits; collards; fatback; two egg custards and a gallon of sweet tea. Not to be outdone, his sister, Sally, brought potato salad, tomatoes and rice, fried chicken and those little round cornbreads that Peter liked so much. Peter's wife, Lucille, wasn't much for kitchen work; her real talent was in the yard. So she brought some store-bought stuff from the grocery store which they own and operate.

Pappy asked Peter if he could get him closer to the window so he could feel the spring sun on his face. He obliged and just soon after Pappy had a little taste of the chicken and pastry, he fell asleep. They went on about the business of eating, laughing and talking for close to an hour when Sammy Ray, one of Zadie's boys called out from the front room. "Pappy ain't movin' — he ain't breathin' — somethin's wrong with him!"

They all rushed into the front room and knew without getting any closer that Pappy was gone. Peter sat on his front porch looking up at The Preston, watching the gravediggers drive toward the cemetery. How many times had he seen it? Yet this time was different. They were there to dig his father's grave over there near the fence — Pappy would be alone.

Peter should have known something like this was going to happen — didn't he see the lights dancing up there on the hill two days before Pappy died? They were in that exact same spot — right where the gravediggers were driving. He was used to the lights though — having lived there for more than 30 years. The lights always dance at The Preston when someone is going to die.

*continued on p. 18*

*continued from p. 17*

### "Balcony Racism"

*by Angelina Lowery Hamlett*

In the early 1960's, I was a young Lumbee girl. My parents were divorced and I lived with my beloved grandmother in Pembroke. My father moved to Florida and remarried a "white" woman who was a wonderful mother and friend to me. I was totally accepted by her family.

On a family vacation back to North Carolina we came to visit her family. There were many children around my age and so much fun was had. On a Saturday afternoon it was decided that the children could attend a movie matinee at the Graham Cinema Theater. Our parents dropped us off with our money for the movie and treats. As we approached the ticket booth, the person informed us that I could not sit in the main theater and that I would have to sit in the balcony. I knew immediately why and felt my face begin to flush. I thought for one second that I had done something wrong. I explained that I was Indian, but it didn't matter. Their policy was "I had to sit in the balcony." My loyal friends said forget it. If we couldn't all sit together, we would go home. They showed great support and love for me that day. Luckily, I have had that support all of my life.

Today, I live two blocks from that same theater and have for 24 years. I go to it often and take my grandchildren, but I always remember my first visit to the Graham Cinema.

### Excerpt from "Silence"

*by Jada Locklear*

I am a woman
a native woman
underneath this
print dress
covered in tiny flowers
must I convince myself
or others
with my complexion
skin the color of clay
eyes dark
searching
for the truth
so well hidden
beneath smiles
beneath tears
how can I not
see the pain
of destruction
and poverty
I am educated
you know
and so were
my ancestors
we did pretend
sometimes
only if the matter
called for it

### "Aunt Fannie's Falcon"

*by Millicent Locklear*

I saw an old Ford Falcon on the freeway yesterday, and the sight of it drew a smile from me, something I rarely do when alone. It was white just like Aunt Fannie's 1963 model. Suddenly, I could see the red interior of her old car and smell the potpourri of stale upholstery and peppermint candy just as I had 25 years earlier while accompanying her to church and to the A&P grocery store.

Going to the A&P — a trip both exciting and dreadful — Aunt Fannie drove very slowly. She would always warm up the engine of the Falcon each time she drove it. We would creep through her clean-swept yard to the highway. And wait. Aunt Fannie would look left down the road a half mile to Riegel Tree Farm to see if anyone was coming. Then, she would ease out onto the road. By the time she had reached the last gear and a speed of about 35 miles per hour, we were leading a convoy of cars that had managed to find its way along our pilgrimage. North Carolina Highway 211 was a busy artery that split right through the heart of Robeson County's Saddletree community, and the 10-or-so square miles that had been my great-great granddaddy's farming plantation a century earlier.

As we seemingly crept down Highway 211 towards town, Aunt Fannie would comment on the condition of everyone's crops we passed. I would look out the car's open window, searching for a hint of a breeze as she sped up to 40 miles per hour. Fields of tobacco rows stood tall like proud soldiers while roastin' ears corn ceded to heat. Half way to town Aunt Fannie would break into a hymn. I would spin around in my seat and grab the sun-faded Baptist Hymnal that had made the Falcon's back seat home for as long as I'd been alive. Leafing through the book and listening to Aunt Fannie sing helped me forget about the long tail of cars that followed us. When a car did manage to pass, the driver would accelerate wildly while giving us a somewhat bewildered glare. The driver's face would be flushed red and clammy-looking. Mostly white people. I never knew if the people passing us were mad or just hot like I was. We would finally reach the I-95 overpass in Lumberton where the speed limit was 35

***Aunt Fannie Locklear with her great-great niece, Millicent Locklear (author), and great-great nephew, Horace Bryan Locklear (author's brother).***

miles per hour. Aunt Fannie was now exceeding the speed limit by about five miles per hour, or so.

She always parked in the same spot in the A&P parking lot. The A&P was one of the very few stores in Lumberton that had automatic doors, and I remember how refreshing the air conditioning felt as it hit my little red face where it clung like a magnet. Aunt Fannie's house didn't have air conditioning. The A&P store manager was always near the front of the store to speak to everyone who came through the door. He would dart about like a hummingbird, straightening displays or bagging groceries as he went.

"How are you today ?" he'd ask Aunt Fannie. She would give a flirtatious grin and turn to me and say, "That's a purty little man," or "that's my little boyfriend."

I always got to push the shopping cart even though we never really bought enough stuff to need one. We would mostly get Little Debbie cakes, ice-cream and a quart of milk. We never got fruits or vegetables because Uncle Cliff got those for us. Every evening he would stop by the back door of the Winn-Dixie grocery store, along with another farmer or two, and get the produce thrown out that day for his hogs. He'd salvage what looked to be good to him and drop it off at the house before going down to the pen to slop the hogs. So, Aunt Fannie never had to buy produce.

The A&P store manager always bagged our groceries. He was a pleasant man in his 40s with jet black hair and eyeglasses to match. I would take the grocery bag out to the car since I was — according to the manager — Aunt Fannie's "little helper." The bag always sat in the front seat of the Falcon between Aunt Fannie and me. By now the sun was high and the summer heat evident. The milk and ice-cream resting against my bare left leg would feel real good on our long journey back home.

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# The Best Rest of Your Life... For the Rest of Your Life

*The technologically advanced memory foam mattress can now cost 40-50% less than you would expect!*

*by Michael Curtin*

When I was a kid, I could fall asleep on a jagged rock and awake refreshed. Now it seems that the weight of the world is on my shoulders and a peaceful night's sleep is a real rarity. I usually awake sore and stiff with my lower back feeling like I am in a vice. But thanks to NASA, I'm now sleeping like a baby!

One day, while walking through the Pittsburgh airport, I saw a display for a new mattress technology. The top of the mattress was made from visco-elastic memory foam developed by NASA. I tried it and could not bring myself to get up from the mattress. It was that comfortable! I missed my connection but I got a great nap. When I checked the prices on these mattresses, they were just too expensive. It cost almost $2,000 for the queen size. So I set out to find a way to build a visco-elastic memory foam topped mattress for a price that more people could afford.

*A Complete Mattress System Shipped Directly to You!*

Instead of importing the expensive foam from Sweden, we found that we could get the foam directly from the manufacturer and save you a fortune. Then our manufacturing partners figured out a way to wrap the mattress so that UPS could deliver it. That saved another fortune in transportation costs. So instead of nearly $1,200 for a twin size, we can price our memory foam topped mattress for only $499. Our Queen is priced under $1,000 while our competitor charges more than $1,700. You'll sleep better knowing that you saved so much!

The Innerspace Mattress surpassed expectations when I put it to the test. It was the first mattress that allowed me to sleep comfortably on my back instead of on my side*. This sleep position was so comfortable that I didn't toss and turn at all. I finally slept through the night without waking up even once. When that alarm clock rang, I was ready to take on the day.

Our specially formulated visco-elastic foam seemed to distribute my weight over the entire mattress so that I felt no pressure on my lower back*. It was actually firm in the right places and soft in others. And the perforated heat sensitive material breathed easily.

*Individual sleep patterns and sleep results may vary

The ultimate tests: First, we sent the mattress to the Pennsylvania Spine Institute where renowned neurosurgeon Dr. William Beutler tried the mattress. He said that the Innerspace helped maintain spinal support. Then I sent one to my 84-year-old mother who suffers from arthritis and has had 2 knee replacements. She says that she hasn't slept this well since before she had children and that was in 1940!*

So many technological advances have made our lives more stressful. Your nights should be a time of peace, not a time of suffering. Call for your 99-night, no risk in-home trial. If you're not sleeping better, just send the InnerSpace Mattress back for a full refund of the purchase price.

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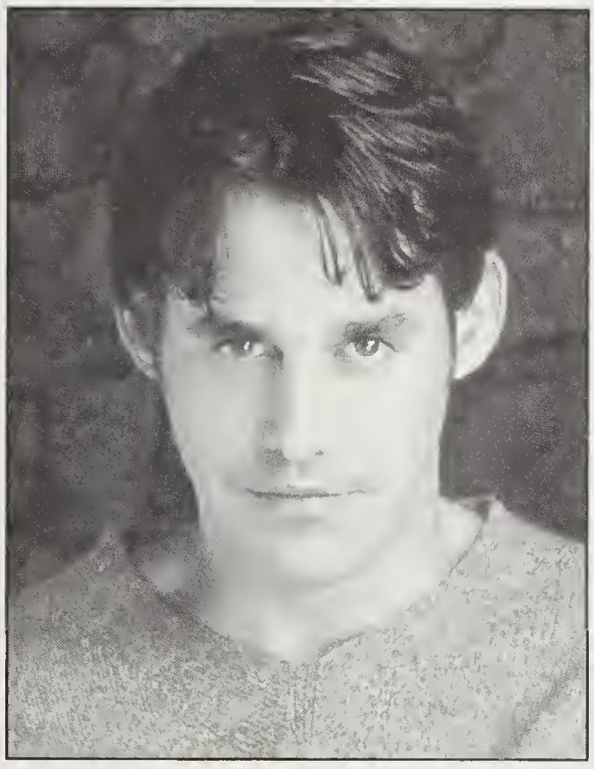
# Stuttering Didn't Keep Him Off TV.



Stuttering hasn't stopped actor Nicholas Brendon from making his mark on Hollywood. As "Xander" in the popular TV series, *Buffy The Vampire Slayer,* Nick works on his speech daily.

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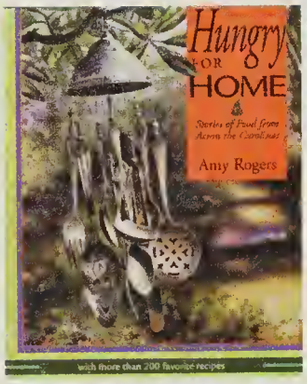
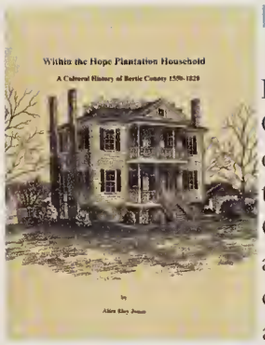
# ON THE BOOKSHELF



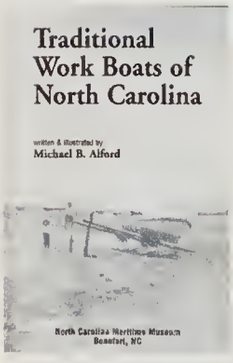

## Carolina cooking stories

"Hungry for Home" features recipes and rich recollections from such acclaimed Carolina storytellers as Jerry Bledsoe, Jill McCorkle, Lee Smith, Bland Simpson and Ellyn Bache. It showcases "Stories of Food Across the Carolinas," including traditional Southern cooking and regional cooks. Author Amy Rogers, a journalist and essayist for public radio, also introduces readers to farm families, immigrants and new Southerners, people who add flavor and variety to life. Each recipe is accompanied by a story, telling where the dish came from or how it became a family tradition. Author Lee Smith discusses "Lady Food" and singer James Taylor shares his baked bean dish. John F. Blair, Publisher of Winston-Salem. Softcover, $19.95, hardback, $29.95. Call (800) 222-9796 or visit www.blairpub.com




## Bertie County Cultural History

"Within the Hope Plantation Household: A Cultural History of Bertie County 1550-1828" is a scholarly look at life on the Hope Plantation. Chapters include textbook descriptions of eastern North Carolina geography, settlement influences and history, the slave community, household cultures, the permanent English settlement and Native Americans of eastern North Carolina. The book, an extension of a slave research project by author Alice Eley Jones of Murfreesboro, interprets the slave culture in detail. Published by Minnie-Troy Publishers in Murfreesboro. Spiral-bound, softcover. Black and white photographs and sketches. $25. Call (252) 398-5098 or e-mail lion5098@aol.com

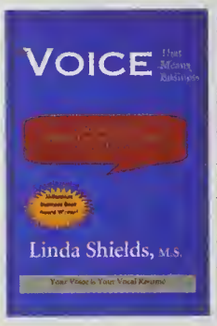



## Traditional workboats

The North Carolina Maritime Museum in Beaufort has published a revised new edition of "Traditional Work Boats of North Carolina." The booklet's purpose, says the author Michael B. Alford, is to "provide a general survey of the major types of small craft that have developed in North Carolina, together with sufficient commentary to make the reader more aware of the significance of boats in our society." Alford, former curator of maritime research, points out that the compilation is not particularly technical, which increases its interest to the layman as well as the researcher. The publication is available at the Maritime Museum Store for $7.95, not including shipping and handling. Call (252) 728-7317 or e-mail maritime@ncmail.net to order your copy.

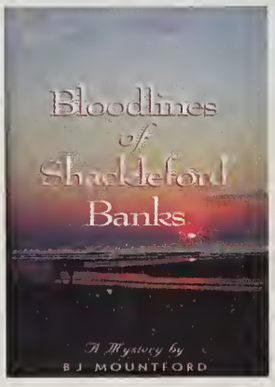
## Living Large

"Living Large Now: Enjoying a Juicy Life Every Day" offers tips and ideas for improving women's lives "in less than two hours." Motivational speaker, trainer and author Marcia Lambert, who lives in Charlotte, seeks to help readers define their gifts and talents. Advice includes turning off the TV, countering boredom with volunteerism and taking up hobbies such as photography or skating. Published by 1st Books Library. Softcover, $13.95. Call (888) 280-7715 or visit www.livinglargenow.com




## Speaking with authority

"The Voice That Means Business: How To Speak with Authority, Confidence and Credibility Anytime Anywhere" aims to show professionals how to develop a persuasive voice. Written by executive voice coach and speech pathologist Linda Shields of Raleigh, the book includes chapters examining authoritative sound, body language, eye contact, vocal range and volume, along with suggestions for pumping up your vocabulary. Her step-by-step approach includes critiques, vocal exercises and "dressing for success" tips. Published by Liberty Publishing Group of Raleigh. Softcover, $21.95. Call (800) 336-3940 or visit www.holtonconsulting.com/products.htm




## "Bloodlines of Shackleford Banks"

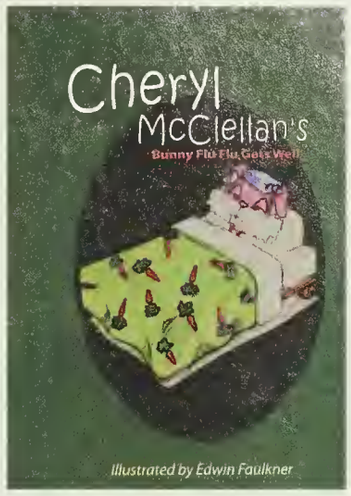
For centuries, wild horses have roamed the beaches and maritime forests of coastal North Carolina. Their origin has long been a mystery. In "Bloodlines of Shackleford Banks," fictitious Roberta "Bert" Lenehan is lending a hand to rounding up the island's horses. It sounds like a plum assignment, until it appears that an equine infectious anemia may be present and veterinary records were altered to hide it. Then another volunteer turns up dead, and Bert's deepening relationship with a park ranger complicates matters. Who is the person with the greatest stake in the herd being certified disease-free? As Bert unravels the mystery, she discovers legends that explain the origin of the Shackleford herd. Working with the ponies in real-life inspired author BJ Mountford to write this follow-up novel to her debut novel "Sea-born Women." Mountford lives on the North Carolina coast. John F. Blair, Publisher of Winston-Salem. Hardback, $22.95. Call (800) 222-9796 or visit www.blairpub.com

## Microwavable sweet potato

B&B Produce in Benson bills itself as "Home of the Microwavable Sweet Potato." B & B individually shrink-wraps its sun beauty "micro sweets" sweet potatoes in plastic wrap so that they're ready to cook as soon as you receive them. Individually wrapped, these sweet potatoes have a shelf life of six to eight weeks. B & B has been in business for more than 20 years and sells its sweet potatoes at grocery stores and vegetable markets across the northeast. Their supply is sufficient for year-round delivery. Available in 5-pound gift boxes for $5 or 20-pound boxes for $16 plus shipping and handling. Call (800) 633-4902 or visit www.bbproduce.com

## Bunny Flu Flu

"Little Bunny Flu Flu had a fever and goose bump chills. She never got to go to school, she had so many ills." So begins the children's book, "Bunny Flu Flu Gets Well," by Union Power Cooperative member Cheryl McClellan of Concord. The book tells the story of a sick little bunny and how he finally recovers and is able to go to school. The book is available online for $7.99 plus $1 for shipping and handling. Other Bunny Flu Flu merchandise is available online including shirts, bibs, lunch boxes and Frisbees. Call (704) 454-5362 or visit www.bunnyfluflu.com.




## American Tie Dye clothes Survivor

EnergyUnited members Erik Chumley and his wife Dawn had been making tie dyes for 12 years when they started their tie dye t-shirt company, American Tie Dye, in 2002. The next year they launched a successful wholesale Web site to sell their shirts and attracted a number of corporate clients. The CBS television network contracted with American Tie Dye to make tank tops to sell as Survivor 8 merchandise on the CBS Web site. The Chumleys were floored when they saw that Survivor contestant Rupert Boneham was wearing an American Tie Dye tank top the night he won $1 million in the season's final show. The Chumleys are opening a retail store in Taylorsville this summer, but you can buy their shirts online at www.americantiedye.com. Call toll-free at (877) 554-8341.

## Wilmington magazine

Wilmington Star-News has launched a lifestyles magazine called "Wilmington, the magazine for Fine Cape Fear Living." The premiere summer 2004 issue cover features filmmaker and Cape Fear resident Frank Capra Jr. The cover story, "The Lure of the Coast," explains why nearly 30 people move to southeastern North Carolina every day. The Cape Fear's most high-profile residents including Capra, singer Charlie Daniels, UNC-W chancellor Rosemary DePaolo and actor Pat Hingle discuss what they love most about Wilmington. Wilmington magazine will be published seasonally. Each issue of the magazine will showcase the best of the region through various sections including Wine & Dine, Home & Garden, Indulgences, People, On the Water and On the Greens. The magazine sells for $2.95 on select newsstands across southeastern North Carolina.

## The new Richard Petty Museum

The Richard Petty Museum in Randleman at 142 W. Academy Street houses Richard Petty race cars, trophies, awards, a Richard Petty model and Cool Suit display and Daytona crash photos. The online store carries Richard Petty Museum merchandise, including t-shirts, hats, books, keychains, watches, gold coins and autographed tires. All items carry the museum's logo. The museum is open Monday through Saturday from 9 a.m. to 5 p.m. Call (336) 495-1143 or visit www.pettyracing.com.

## Blue Logger GPS

Earthmate.com sells a hand-held mapping tool that collects information about where you travel, similar to the "global positioning system" (GPS) in some vehicles. From walking a property line to taking a long trip, the Blue Logger GPS lets you collect and store map information, while you travel, without being connected to a computer. It works for more than 50,000 locations. After you use the map information, you can download the data to your computer so you can see and record where you traveled. The Blue Logger comes with mapping software. Packages start at $149. Call Brooke DeLorme at (207) 846-7111 x2377 or visit www.earthmate.com

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# A TOUCHSTONE ENERGY CO-OP TAKES EXTRA STEPS TO PREVENT SPREADING DISEASE AT POULTRY FARMS

By Mark Brumley

An airborne virus known as "LT" (laryngotracheitis) strikes fear in the hearts of poultry farmers. It can spread though chickens like wildfire, causing breathing problems, underweight birds and death. The virus is not contagious to humans, but an LT infection can cause poultry farmers tremendous financial losses and possible ruin.

When the people at Randolph Electric Membership Corporation in Asheboro started hearing rumors last winter that the virus had returned to the electric cooperative's 1,500-square-mile service area, they wanted to do what they could to prevent the spread of the disease.

The greatest concern had to do with Randolph Electric's meter readers, who go from one farm to the next each month to collect billing information.

"Nobody goes to every farm more than we do," said Dave Rowe, Randolph Electric's manager of member and public relations. He estimated that the co-op serves about 570 poultry farms. So he began contacting the major growers in Randolph Electric's service area—which also includes sections of Alamance, Chatham, Moore and Montgomery counties— to find out if there were any precautions meter readers and line crews could take to keep from spreading the disease in the event of a serious outbreak. He soon learned that the LT virus had been found in a roughly triangular area containing about 70 chicken farms between Seagrove, Robbins and Troy. But it didn't stay contained for long. The virus quickly spread to farms outside the triangle. By June, it had almost run its course.

"The virus scare really got bad this year," Rowe said. "We had to get real active real fast."

Many chicken farmers are on accounts that automatically take them off Randolph Electric's system and switch them to generator power during peak hours to save money. Meter readers use a computer at the farms to download billing information.

A farmer called Randolph EMC asking that meter readers stay away from his houses. He said a chicken farm near his had LT, and he wanted to prevent the virus from spreading to his birds. Randolph Electric let him read his own meter that month, Rowe said.

Mountaire Farms recommended that meter readers and linemen wear boot covers, park far away from chicken houses and spray disinfectant on their truck tires and floorboards. So, that's what Randolph Electric began doing. Meter readers also began washing their trucks more often.

"Anything like that helps," said Dan Campeau, a poultry agent with the North Carolina Cooperative Extension covering Randolph, Chatham, Moore, Lee and Harnett counties. "It prevents it from spreading."

The virus is extremely contagious. It can be spread by contaminated equipment, people, manure, feathers, dust and dead chickens. Infected birds that don't die from the disease tend to eat less, gain less weight, and earn less money when they're sold.

A spray vaccine is available, but it must be administered in the first three weeks of a bird's life. Chickens can't be sent to processing plants until they're six to eight weeks old. Growers trying to protect their birds from LT are told to keep visitors away from their poultry houses and to avoid going to other farms.

*Randolph EMC meter reader Marty Alread applies disinfectant to the floorboards of his vehicle and wears protective boots before heading to the farm to read meters.*

Dave Rowe

After Randolph Electric established its protocols to guard against spreading LT, the co-op used its Power Outage Report Call Handling Equipment (PORCHE) to inform all of the chicken farms in its service area about the precautions its employees would be taking.

"They've just gone above and beyond," said Roger Gann, a farmer in Grantville. He recalled the virus killing and stunting the growth of his father's chickens in the 1980s. "I got to see firsthand what the virus can do to the poultry and the farmer," he said.

The Randolph EMC safeguards weren't cost-effective from a business standpoint, Rowe said. They slowed meter readers and cut down on the number of farms they could get to in a day. But the precautions put farmers' and Randolph Electric employees' minds at ease.

"The growers were so appreciative," Rowe said. "They kept on saying, 'I can't believe that you're doing this.' We really went the extra mile. It's been a real positive thing."

---

*Mark Brumley is a staff writer with the News & Record in Greensboro and a graduate student at Duke University. He lives with his wife and their 1-year-old son in Asheboro.*

# Fathers always win arguments and wives are always right

## These and other lessons you learned the hard way

*Last month we laughed and cried about your stories of falling-down decks, the $6,000 dog and building a wooden helicopter in the basement. This month, we find out that you're smarter. You finally learned something. But it didn't come easy.*

*Thanks to everyone who sent us stories about lessons learned the hard way. I wish we had space to publish more of them. Next month we'll look at your favorite photos (deadline was July 15). There's still time to tell us what you would do as North Carolina's governor. Those will run in October. See page 26 for details.*

*— Michael E.C. Gery, editor*

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### LEARNING ABOUT CRAB SHELLS

One holiday weekend I got a really great deal on chilled Dungeness crab — $2.99 per pound. I brought it home, cleaned it, and the wife and I thoroughly enjoyed it. Following dinner, I sent the shells down the disposal. While running the dishwasher not too much later, my wife reported the sink was filling with water. Sure enough, the crab had clogged the drain. After a $195 plumbing bill and a tutorial from the plumber, I learned not to send crab shells down the disposal. That was the most expensive crab we ever ate.

*Scott Ellis*
*Matthews*
*Union Power*

### LEARNING HOW TO DRY PAINT

I was painting and saw that my white ceiling fan was looking "tired." I thought I'd swipe some paint across the blades and brighten them up. Here's where the learning came in. I turned the fan on slow speed to dry it quickly. Boy, was I wrong about that. After a few minutes I noticed paint spots on my cabinets, my clock, my pictures, anything in line sight of the blades.

*Beth Ritter*
*Mt. Royal, N.J.*
*Cape Hatteras Electric*

### LEARNING TO SAY, "YESSIR"

Our family had just returned home from church. My three brothers and I, along with our father, were seated and talking on the spacious front porch of our farmhouse while Mother and the girls prepared our Sunday dinner. Mom yelled from the kitchen door for Dad to send one of the boys to the well to draw a bucket of fresh water for dinner. Dad ordered me to go, since I was one of the younger ones.

"I got the last one," I protested, "It's somebody else's turn."

Dad said, "But I told you to go." I knew he meant business, so I went.

The well was 100 yards away. I returned with the water and took it to the kitchen, then returned to my place on the porch with the other boys. "That's the last bucket I'll get today," I grumbled.

"Maybe not," said Dad, "It may be necessary for you to get the next one, too."

"We'll see about that," I muttered, pushing my luck.

"Yes, we'll see," he snapped. "Go pour out the other one and bring another."

I carried 13 buckets of water before I stopped saying, "That's the last one." I was a little slow learning that fathers didn't lose arguments with their sons in those days.

*Howard E. Alley*
*Highlands*
*Haywood EMC*

*continued on p. 26*

### LEARNING TO LISTEN TO YOUR WIFE

After 40 years of marriage I should know by now that "you should always listen to your wife."

About 20 years ago we lived on a lake, and in order to complete the environment, I purchased six ducks. One of our neighbors was so excited that she immediately named them fish names. My wife was not as excited and warned me that I was making a big mistake.

After scrubbing the docks several times and shooing the ducks out of our neighbor's garden (he had shot and killed the duck named Crappie), I quickly found a home for the remaining five.

Some years later we moved from the lake to our present home. Over the years we have added a big fishpond and several small in-ground fishponds. To make the picture complete, I purchased two geese. Shortly after, two wild ducks appeared and made their home on our pond, which is only about 200 yards from our house. Again, I soon realized I was so wrong, because not only did the geese and drakes enjoy our big pond, but they also loved our yard, our deck and even our small ponds.

So I decided one morning to chase them to the river that is about a mile behind our house. I even witnessed them jumping into the river. I returned home and told my wife that the problem was solved and never again would we be bothered with them. My wife said she thought they'd be back by morning.

Less than an hour later, when we were sitting out on our deck, what did I hear coming back up from the river? You guessed it right: my four, feathered friends were returning home from their swim.

*Robert T. Walker Jr.*
*Emerald Isle*
*Carteret-Craven Electric*

*continued from p. 25*

### LEARNING ABOUT CHARITABLE DONATIONS

My daughter Stephanie was quite upset when she called me about lunchtime that Saturday morning. She said that she had done something that would make her husband, Derek, very upset. I couldn't imagine what she did that was so terrible. She is always so level-headed.

She explained that when she had finished shopping in Wal-Mart that morning she noticed a lady who was asking for donations on behalf of battered women. Immediately, she remembered a verse from the Bible she had read that morning about giving to those less fortunate. She looked in her purse and pulled out three dollar bills and gave them to her. The lady gave her a candied apple for her donation.

She continued on with her shopping. As, she went to pay for a purchase she noticed she was missing a $100 bill. The realization hit her that instead of giving the lady three $1 bills, she had given her two $1 bills and a $100 bill.

She rushed back to explain her dilemma to the lady, hoping she would return the $100. The lady was gone.

Later when she tearfully explained to Derek what happened, he took her in his arms and hugged her. He told her that it went to a good cause and just to be more careful next time.

Stephanie had prayed to help someone and her prayers were answered, but not in the way she had expected. I guess the old saying really is true: "Be careful what you pray for."

*Betty Thomas*
*Bear Creek*
*Central EMC*

### LEARNING TO AIM HIGHER

When I was 7 years old (I'm 11 now) I saw a sling shot at a craft fair and wanted to buy it. The only way I could convince my Mom to let me buy it was to promise to shoot only peanuts. That was fine for the first few days, but then I really wanted to sling some rocks and see how far I could make them go.

We lived in a cul-de-sac with lots of houses around and a grassy area in the middle. One day I was in the grassy area playing around with my friends and my

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**OCTOBER 2004**
**"If I Were Governor of North Carolina"**
What would you do?
*Deadline: August 15*

**NOVEMBER 2004**
**"Mama's Cooking Was Always the Best"**
Send a recipe, if you have one, and photos.
*Deadline: Sept. 15*

**DECEMBER 2004**
**"Meeting Your Grandparents"**
Something you never knew about a grandparent.
*Deadline: Oct. 15*

### The Rules

1. Approximately 200 words or less. We retain reprint rights.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web: www.carolinacountry.com

sling shot. My mother called me to come in. As I was walking toward the house, I couldn't stop imagining me slinging a rock on top of the roof. Then, before I knew what I was doing, I reached down and picked up the perfect rock, put it in the sling, pulled back as hard as I could and aimed for the roof. I let it rip! I felt so excited, letting it fling with such force.

Unfortunately, I didn't aim quite high enough. Our Suburban was sitting in the driveway and the rock hit CRACK, right into the back window, and it shattered into a million pieces. I was completely astonished and devastated. I was also scared.

I did get in trouble, but mostly I will remember that I disobeyed my parents and the worst possible happened.

*Tanner McAteer*
*Fayetteville*

### LEARNING TO LISTEN TO MAMA

I suppose nobody "listens to Mama" more than I did when I was young. But lessons are learned the hard way, and I will caution anyone to take Mama's words seriously.

I was a young wife and wanted to fix a nice flowerbed at my new home. There was a pile of old bricks beside the old cotton gin that my father used to run. But they had been overgrown in poison ivy all summer. I happened to notice in February that the poison ivy was all gone, and I could get to the bricks easily. My mother told me to leave them alone. She said the poison ivy was still on the bricks even if the leaves were gone.

But I knew better, and I really needed some free bricks. I collected the bricks in a large flowerbed. Then about a week later, I broke out in a rash. I had poison ivy all over my face, arms, neck and eventually legs, too! It took me months and a doctor's visit to finally get rid of the entire rash. I should've listened to Mama.

*Barbara Chewning*
*Morven*
*Pee Dee EMC*

### LEARNING WHERE TO CARRY YOUR WALLET

One fall day I was using my lawn tractor to chop leaves out back. I took my hearing aid out and put it in my wallet to keep the dust out of it. I put the wallet in my shirt pocket with the intention of taking it in the house when I got back into the main yard. But something distracted me.

I started blowing the leaves when my dog jumped up on me, wanting me to pet him. I finished blowing the leaves and burned them. When I missed my wallet, I discovered that the bottom of my shirt pocket had come unseamed. My wife and I looked for the wallet and couldn't find it. The next day, I decided to blow the driveway off and found only the metal social security card.

I had burned up $859 and my hearing aid. I have learned the hard way about putting my wallet in my shirt pocket.

*Robert Philbeck*
*Kings Mountain*
*Rutherford EMC*


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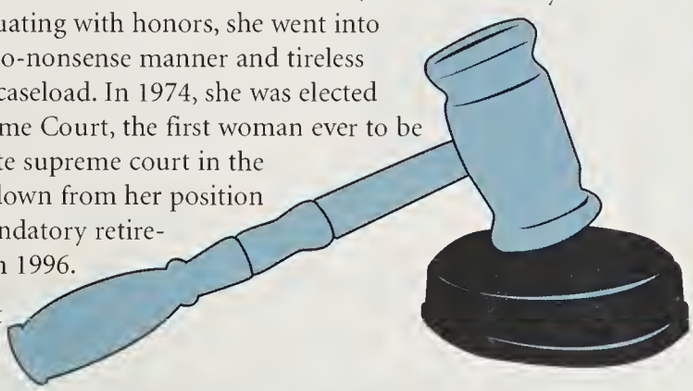
# Getting To Know...

**Name:** Susie Sharp

**Born:** July 7, 1907

**Known For:** First woman to sit on North Carolina Supreme Court

**Accomplishments:** Sharp was also the first woman to practice law in Rockingham County. She attended Reidsville schools, and graduated second in her high school class in 1924. At the University of North Carolina Law School, she was the only female in her class. After graduating with honors, she went into practice with her father. Her no-nonsense manner and tireless work ethic earned her a large caseload. In 1974, she was elected chief justice of the N.C. Supreme Court, the first woman ever to be elected as chief justice of a state supreme court in the United States. Sharp stepped down from her position on the court at age 72, the mandatory retirement age. Justice Sharp died in 1996.



**Quote:** "There were times I felt like a babe in the woods."

## Mix and MATCH

Can you match these famous North Carolinians with their birthplace?

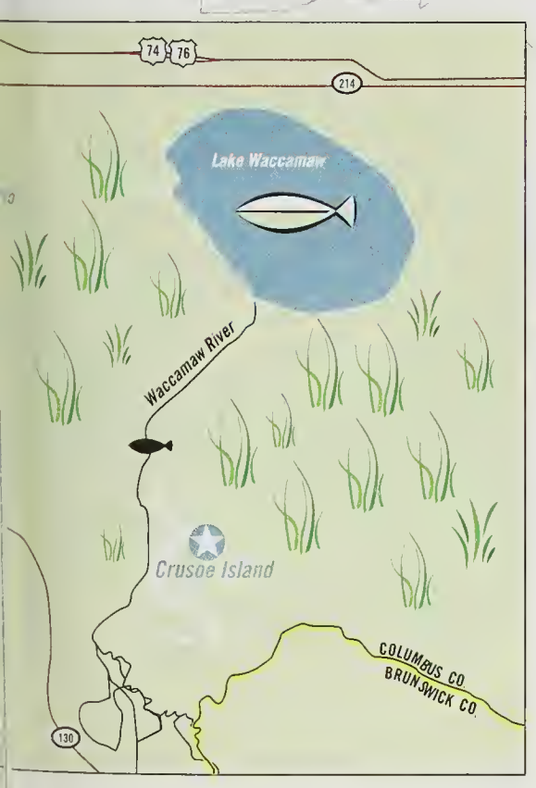
1. Earl Scruggs, banjo player
2. John Coltrane, jazz saxophone player
3. James K. Polk, 11th U.S. President
4. Andy Griffith, actor
5. Dale Earnhardt, NASCAR driver
6. Sugar Ray Leonard, world champion boxer
7. Ava Gardner, actress
8. Jesse Helms, politician
9. Thomas Wolfe, author
10. Bob Timberlake, artist and designer

A. Hamlet
B. Pineville
C. Lexington
D. Wilmington
E. Shelby
F. Monroe
G. Kannapolis
H. Grabtown
I. Asheville
J. Mount Airy

**ANSWERS**

1-e, 2-a, 3-b, 4-j, 5-g, 6-d, 7-h, 8-f, 9-i, 10-c

Submitted by Richard Davis, Wingate




## A MYSTERY STILL

One of the most mysterious communities of coastal North Carolina is Crusoe Island in Columbus County. This isolated community near Lake Waccamaw was home to white Europeans long before other whites arrived nearby. Theories abound as to how the nearly impenetrable swamp came to be settled. Some believe the colony was established by pirates who fled there after an unsuccessful raid. Others theorize that the first residents were Indians and Europeans who intermarried or were a group of French Revolution refugees. No matter who their ancestors were, the swamp villagers were tough and self-sufficient. Reportedly, they remained hidden from outsiders until timber company crews discovered them. It was not until the 1920s that bridges and dirt roads made the site accessible to the public. Today, old timers in the remote Green Swamp village still possess a sing-song dialect of no other place. (From the book "Touring the Backroads of North Carolina's Lower Coast" by Daniel W. Barefoot.)

**classroom chuckle**

How did Christopher Columbus's men sleep on their ships?

With their eyes shut!

**SURF IT!**

For more about electric cooperatives, www.nreca.coop

For Susie Sharp, http://www.lib.unc.edu/mss/inv/htm/04898.html

### Did You Know...

that multi-talented Ben Franklin started the first cooperative in the United States? It was an insurance company. Cooperatives are owned by their members, and they are not in business to make a profit, but only to provide services or products for their members. Electric cooperatives provide electricity to members in 93 of North Carolina's 100 counties.

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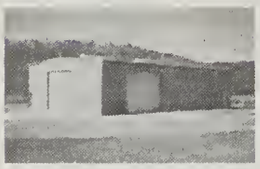

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# Miss Fitts

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in 1905 by Lunsford Richardson.

Use the capital letters below to fill in the blanks above.

"ABECIKLMOPRSTUV" means uncopyrightable

# DIGIT DETECTION

Given these equations, can you find the value of the Polk County town of SALUDA? The name comes from an Indian word meaning "corn river." The square of the two-digit number SA is the four-digit number LUDA.

$(SA)^2 = LUDA$ S+S=A L+L=U A+A=D S=L+U

Use the grid to eliminate impossibilities, i.e, no number less than 32 has a four-digit square. Therefore S is greater than 2. No square ends in 2, 3, 7, 8. Therefore A is not 2, 3, 7, or 8.

| | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
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# MATCH BOXES

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Solve this multiplication puzzle and write your answer in the box tops. Then match boxes to find the name of a North Carolina county and its county seat in your answer.

*Answers on page 33.*

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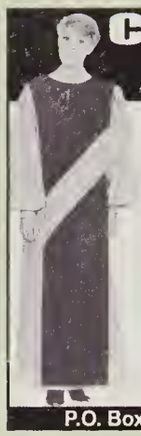

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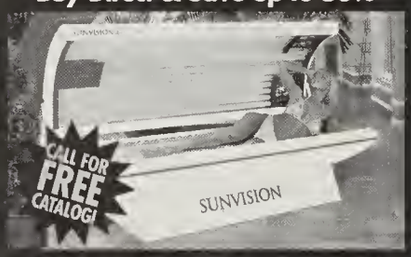


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| 60x100x12 | $19,995 |
| 100x150x16 (clear span) | $59,475 |

Does not include freight, tax, any construction cost. *Codes & market may affect prices. All sizes avail.

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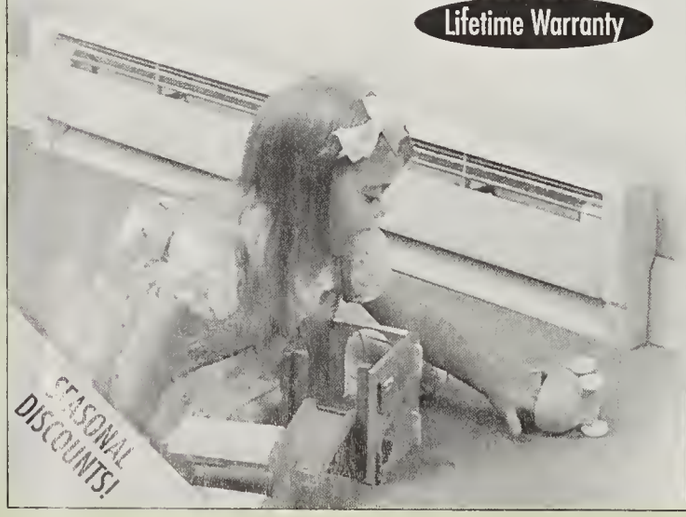

**YOUR BENEFITS WITH HYDRO-SIL:**
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- Sofe, complete peoce of mind
- Cleon, no fumes, environmentally sofe
- U.L. listed
- Preossembled — reody to use
- No furnoces, ducts, or chimneys
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- Whole house heoting or single room

**HERE'S WHAT OTHERS ARE SAYING...**

•**F. Smalley** - "***A company that advertises the truth*** saved me 50% compared to my gas heat. I found it hard to believe until my power bill came. Thanks a million!"

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| 5' 1250 watts | 130-180 s.f. | $229 | |
| 4' 1000 watts | 100-130 s.f. | $209 | |
| 3' 750 watts | 75-100 s.f. | $189 | |
| 2' 500 watts | 50-75 s.f. | $169 | |
| Thermostats | Call for options & exact heater needed | | |

| 110 Volt Portables (Thermostat Included) | Discount Price | Quantity |
|---|---|---|
| 5' Hydro-Max 750-1500 watts | $219 | |
| 4' Convector – Dual watt | $179 | |
| 3' 750 watts – Silicone | $179 | |
| $15.00 shipping per heater | $ | |
| Total Amount | $ | |

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Address _____
City _____ St ____ Zip _____
Phone _____
MasterCard or Visa Account Information:
Acct # _____
Expiration Date _____

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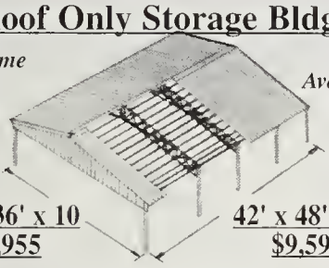


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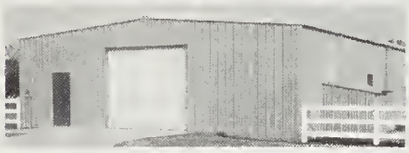

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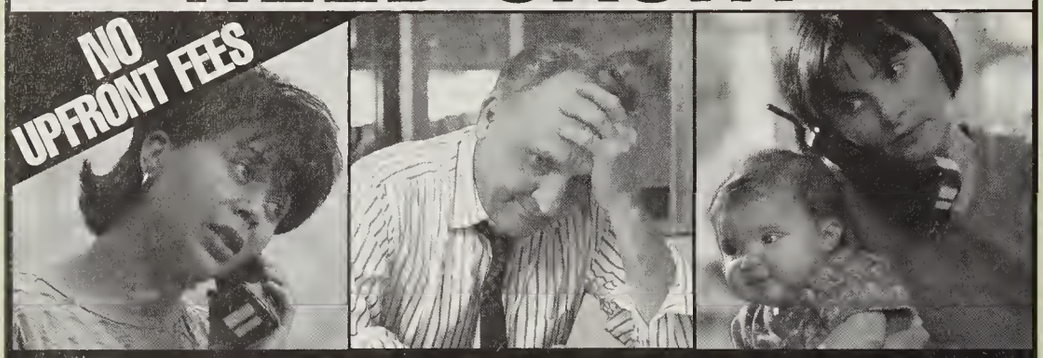


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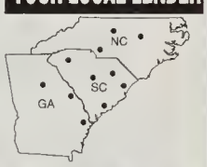


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**LOAN EXAMPLES**

| Sample Loan | Payment | Term | Rate* | APR |
|---|---|---|---|---|
| $100,000.00 | $363.40 | 1 Yr. Arm | **1.88 | 2.08% |
| $100,000.00 | $428.38 | 3/1 Fixed/Arm | **3.13 | 4.03% |
| $100,000.00 | $752.28 | 15 Yr. Fixed | *4.25 | 4.68% |
| $100,000.00 | $529.21 | 30 Yr. Fixed | *4.88 | 5.12% |

*Conforming for refi. Also Great Jumbos. **Non-conforming Arm's fixed for 1 yr. & 3 yrs., call for other ARM's, Mfg. Homes, Slow Credit, Interest only, No Income Verification, Bankruptcy, etc. Ask about mortgage rewards for timely payments.

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Issue ages through 90

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|---|---|---|
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|---|---|---|
| $75,000 | $437.68 | $602.91 |
| $125,000 | $729.47 | $1004.85 |
| $200,000 | $1,167.15 | $1,607.76 |

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  15 year APR 5.74%
* Credit and collateral subject to qualification

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# AUGUST EVENTS

## MOUNTAINS

### (WEST OF I-77)

**Brevard Music Festival**
Aug. 1-8, Brevard
(828) 862-2100
www.nc-mountains.org

**Al Petteway & Amy White**
Aug. 6, Morganton
Outdoor Celtic concert
(800) 939-7469
www.ci.morganton.nc.us

**Mountain Dance and Folk Festival**
Aug. 5-7, Asheville
(800) 280-0005
www.exploreasheville.com

**Quilt Competition & Exhibit**
Aug. 6-8, Asheville
(828) 665-2492
www.ncarboretum.org

**Music on Main Street**
Aug. 6, 13, 20 & 27
Hendersonville
(800) 828-4244

**Asheville Antiques Fair**
Aug. 6-8, Asheville
(828) 259-5544

**Auction**
John C. Campbell Folk School
Aug. 7, Murphy
(800) 365-5724
www.folkschool.org

**Smokey Bear's Birthday Party**
Aug. 7, Pisgah Forest
(828) 877-3130

**FENCE Progressive Show Jumping**
Aug. 7-8, Tryon
(828) 859-9021
www.fence.org

**Art on Main**
Aug. 7-8, Hendersonville
(828) 697-9278
www.henderson-arts.org

**NC Youth Tap Ensemble**
Aug. 14, West Jefferson
(336) 846-ARTS
www.ashecountyarts.org

**Car Show**
Aug. 14, Elkin
www.downtownelkin.com

**Train History Day**
Aug. 21, Pisgah Forest
www.cradleofforestry.com

**Outdoor Gospel Singing**
Aug. 27-28, Casar
(828) 245-5339
www.gvcmusic.com

**15th Cruso Quilt Show**
Aug. 27-28, Canton
(828) 235-8111

*America's favorite cowboy band, Riders in the Sky, takes the stage in Raleigh on August 13 for an evening of their trademark singing, playing and comedy. Don't forget to bring the younger cowpokes. The Riders roped in another Grammy Award last year for "Best Musical Album for Children."*

**Goombay! Festival**
Aug. 27-29, Asheville
(800) 280-0005
www.exploreasheville.com

**The Temptations Review**
Aug. 27, Morganton
With Dennis Edwards
(800) 939-7469
www.ci.morganton.nc.us

**Annual Piano Concert**
Aug. 28, West Jefferson
(336) 846-ARTS
www.ashecountyarts.org

**Horse Trials**
Aug. 28-29, Tryon
(828) 859-9021
www.fence.org

## PIEDMONT

### (BETWEEN I-77 AND I-95)

**Folk Arts Camp**
Aug. 2-6, Charlotte
(704) 491-5646

**Frank Liske Park Powwow**
Aug. 6-7, Concord
(704) 786-5705
www.cpaofnc.com

**Wishful Thinking**
Aug. 7, Raleigh
Top 40s, Lake Johnson
(919) 672-5704

**United Way Pep Rally**
Aug. 11, Albemarle
(704) 982-6916

**History a la Carte: Pepsi-Cola**
Aug. 11, Raleigh
(919) 715-0200
www.ncmuseumofhistory.org

**Riders in Sky Concert**
Aug. 13, Raleigh
(919) 715-5923
www.ncartmuseum.org

**Tri State Jr. Rodeo**
Aug. 13-14, Love Valley
(336) 789-4716
www.lovevalley.com

**Basic Finger Weaving**
Aug. 14, Huntersville
(704) 875-2312
www.lattaplantation.org

**Farm Toy Show & Auction**
Aug. 14, Burlington
(336) 584-9829

**Carolina Butterfly Symposium**
Aug. 14, Durham
(919) 220-5429 x 363
www.[illegible]nls.org

**Art Stamper Performs**
Aug. 20, Charlotte
(704) 372-FOLK
www.folksociety.org

*continued on pg.36*

**STING INFORMATION**

**eadline for Oct: Aug 25**
**eadline for Nov: Sept 25**

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# AUGUST EVENTS

*continued from pg.35*

**Mayberry Nights**
Aug. 20, Oakboro
(704) 485-2112
www.oakboromusichall.com

**Folk, Round & Square Dance Convention**
Aug. 20-21, Raleigh
(919) 598-1104
www4.ncsu.edu/~godfrey/sc.htm

**Time Machine**
Aug. 21, Raleigh
(919) 672-5704

**African American History Tour**
Aug. 21, Raleigh
(919) 715-0200
www.ncmuseumofhistory.org

**Car Show**
Aug. 21, Lexington
(336) 787-5582
www.itsagascarshow.com

**Tony Bennett Concert**
Aug. 26, Charlotte
NC Blumenthal Performing Arts Center
(704) 372-1000
www.blumenthalcenter.org

**Foundry Fun Day**
Aug 28, Oakboro
Big Lick Festival Park
(704) 348-5424

*The Carolina Butterfly Pavilion at the NC Museum of Life and Science in Durham.*

## COAST
### (EAST OF I-95)

**Lost Colony Dance Performance**
Aug. 1, Manteo
(252) 475-1500

**Concert in the Fort**
Fridays,
Atlantic Beach
Fort Macon State Park
(252) 726-3775

**Concert in the Park**
Saturdays,
Morehead City
(252)726-5083

**Watermelon Festival**
Aug. 4-7, Murfreesboro
(252) 398-5922

**Maritime History Cruise**
Aug. 5, Morehead City
(252) 728-7317
www.ncmm-friends.org

**Jae Sinnett Jazz Trio**
Aug. 5, Manteo
(252) 475-1500

**Summer Concert Series**
3rd Fridays, Wilmington
(910) 458-8434

**Traditional Boat Handling**
Aug. 6, Beaufort
(252) 728-7317

**Music in the Park**
Aug. 6, New Bern
Union Point Park
(252) 672-0309

**Adults Learn to Sail**
Aug. 7, Beaufort
(252) 728-7317

**Climb Cape Lookout Lighthouse**
Aug. 7, Cape Lookout
(252) 728-5766

**Sandcastle Competition**
Aug. 7, Atlantic Beach
(252) 240-1200

**Miniature Horse Championship**
Aug. 7-8, Willamston
(252) 792-5111
www.wcmhr.com

*Now in its 75th year, the Penland School of Crafts has evolved as a national center for alternative craft education. The school's contribution to the evolution of American craft is celebrated through the exhibition "The Nature of Craft and the Penland Experience", on display through January 30, 2005 at NC's Mint Museum of Craft + Design in Charlotte.*

# August Events

## Now Showing

### MOUNTAINS

**Ashe County Scenes**
Paintings and photos
Through Sept. 4,
West Jefferson
Ashe Arts Center
(336) 846-ARTS
www.ashecountyarts.org

**"Bearfriends" Art**
Through Oct. 23
Hendersonville
(828) 697-2022
www.dhinc.org

### PIEDMONT

**Paintings of the Hudson River School**
Through Aug. 29, Raleigh
NC Museum of Art
(919) 839-6262
www.ncartmuseum.org

**"Tech City"**
Through Sept. 6, Durham
NC Museum of Life and Science
(919) 220-5429
www.ncmls.org

**Carolina Butterfly Pavilion**
Through Labor Day, Durham
NC Museum of Life and Science
(919) 220-5429
www.ncmls.org

**"Soldiers: The Global War on Terror"**
Through Dec. 2004,
Fayetteville
The Airborne & Special Operations Museum
(800) 255-8217
www.asomf.org

**"The Nature and Craft of the Penland Experience"**
Through Jan. 2005, Charlotte
Mint Museum of Craft + Design
(704) 337-2066
www.mintmuseum.org

### COAST

**Paintings by John de la Vega**
Aug. 2-27, Manteo
The Art Gallery
(252) 475-1500

**Michael Van Hout**
Through Aug. 15,
Wilmington
Louise Cameron Well Art Museum
(910) 395-5999
www.cameronartmuseum.org

**"Politics in Action"**
Through Nov. 28,
Wilmington
Cape Fear Museum
(910) 341-4350
www.capefearmuseum.com

**Historic Bath Summer Music**
Aug. 8, Bath
(252) 923-3971
www.bath.nchistoricsites.org

**Jazz Brunch**
Aug. 14, Ocean Isle
Silver Coast Winery
(910)-287-2800
www.silvercoastwinery.com

**Shrimp by the Bay**
Aug. 14, Edenton
(252) 482-3400

**Puppy Paw Print Event**
Aug. 14, Wilmington
(910) 686-1602

**Coastal Women's Fair**
Aug. 14, Morehead City
(252) 247-6585

**Summer Breeze Concert**
Aug. 15, Hertford
(252) 426-7567

**Learn to Kayak**
Aug. 17, Beaufort
(252) 728-7317

**Horse Watching on Shackleford**
Aug. 18, Beaufort
(252) 728-2250 x3002
calo_information@nps.gov

**Virginia Dare Birthday**
Aug. 18, Manteo
(252) 473-2127
www.thelostcolony.org

**Alive After Five**
Aug. 19, Williamston
(800) 776-8566
www.visitmartincounty.com

**Music in the Streets**
Aug. 20, Washington
(252) 946-9168
www.origingalwashington.com

**Dressage Horse Show**
Aug. 21-22, Williamston
(252) 792-5111
home.pinehurst.net/smithson

**Japanese Embroidery Workshop**
Aug. 21-22, Rocky Mount
9 a.m. – 4 p.m.
(336) 784-6886

**Jazz Night at Scottish Rite**
Aug. 21, Wilmington
(910) 392-1200

**Flavor of the Past**
Aug. 21, Wilmington
(910) 341-4350, x3018

**Kidz Day 2004**
Aug. 21, Morehead City
(252) 726-0440

**Maureen Crane Wartski Book Signing**
Aug. 28, Morehead City
(252) 222-0787
www.quiltedbutterfly.com

**Native American Festival**
Aug. 28-29, Manteo
(252) 475-1500

**Beaufort Walk**
Aug. 31, Beaufort
(252) 728-7317
www.ncmm friends.org

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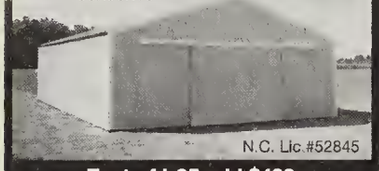

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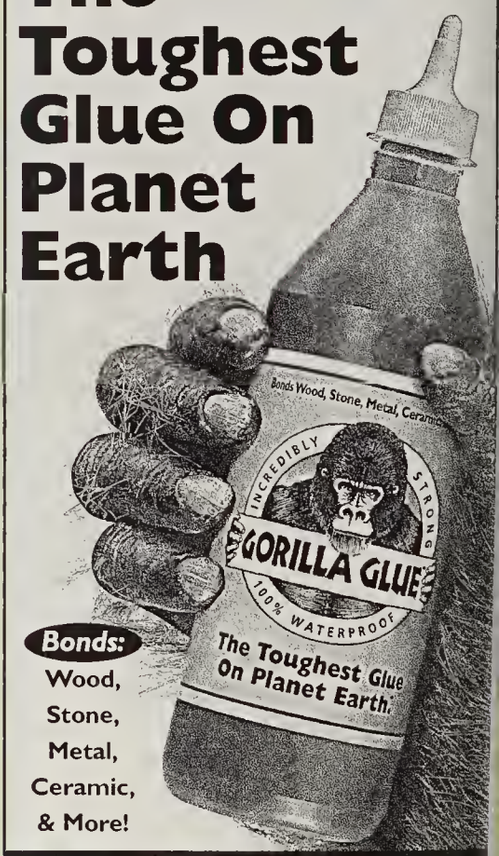


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*Within the next few weeks, outdoor gardening will undergo a gradual change as the weather merges into autumn. Now's the time to make plans for fall and winter flower beds, vegetable gardens and woody ornamentals will need attention as they undergo the shift from summer to autumn and then into winter. It's wise to make a sketch of the yard areas and indicate thereon any changes to be made, including the autumn and winter planting of trees and shrubs.*

## Annual beauty

Among the many annual flowers that can be propagated from seeds sown in late August until autumn, the following respond well: California Poppy, poppy (papaver), pansy, snapdragon, herb treemallow, cow soapworth, sweet alyssum, larkspur, pot-marigold (calendula), candytuft, sweet pea, cornflower, dianthus (Chinese pink), calliopsis (coreopsis), gypsophila.

Self-sowing annuals include: salvia (sage, mealycup), California poppy, morning glory, larkspur (rocket, delphinium), gypsophilia (baby's breath), sweet alyssum, love-in-a-mist, nicotiaia (ornamental tobacco), portulaca (moss rose), cornflower, petunia, calendula, cleome (spiderflower), four-o-clock, cosmos, snow-on-the-mountain, browallia, coreopsis, summer-cypress (kochia).

Annuals with short blooming cycles require several sowings for a succession of bloom. They include: forget-me-not, purple candytuft (Iberis umbellate), Drummond's phlox, cape marigold (winter), poppy (papover), calliopsis, gypsophila, love-in-a mist, cornflower, sweet alyssum, mignonette (Reseda odorata).

These are difficult to transplant and should be sown where they are to flower: lupine, nasturtium, sweet pea, godetia, poppy showy pricklepoppy, blue lace-flower, evening primrose, califlower poppy, scarlet runner, love-in-a-mist, gypsophila, sunflower, herb treemallow.

These annuals are slow growing: petunia, sweet-sultan (basketflower), verbena, flax (linum), snapdragon, pinecushion-flower (scabiosa), strawflower, lobelia, immoretelle everlasting, wingled everlasting (ammobium), china-aster, salpiglossis, goldencup, rhodanthe (helipterum).

These annuals will endure considerable shade: monkeyflower, cockscomb, godetia, balsam, flowering ornamental tobacco, coreopsis, lobelia, Virginia stock, periwinkle.

Annuals that grow in very poor soil include: California poppy, corn poppy, four-o-clock, godetia grandiflora, gaillardia, sweet sultan, sweet alysum, cleome, portulaca, calliopsis, impatiens (garden balsam), nasturtium, love-lies-bleeding (amaranthus), petunia, bartonia, feather cockscomb.

These tolerate acid soil: flowering nicotinia, coreopsis, verbena, marigold.

Among those requiring a neutral or alkaline soil are: balsam, Drummond phlox, nasturtium, zinnia, candytuft (iberis), mignonette (reseda odorata), corn poppy.

Pinching back the growth tip and removing faded blooms encourages new growth of flower buds for these: ageratum, petunia, annual chrysanthemum, snapdragon, dianthus pinks, browallia, verbena, phlox, salpiglossis, zinnia.

These should not be pinched back: stock, poppy, balsam, celosis (cockscomb), miscellaneous everlastings, celosia (cockscomb).

These are the best for use as dried flowers for winter bouquets: statice or sea lavender, strawflower (helichrysum), acroclinium, xeranthemum.

Night-scented annuals that are good for outdoor areas you use in the evenings are: tall mullein (verbascum), nicotinia flowering tobacco, night-scented stock, evening primrose.

Photo credit: Plant Delights Nursery, Inc.

***Calanthe sieboldii takane is a hybrid, hardy orchid that grows easily in a woodland garden. They make a bold tropical looking clump of 8-by-2-inch pleated green leaves. In spring, the clumps are topped with 8-inch stalks of brilliant yellow flowers. Calanthe takane adapts well to indoor gardens, as well as decks and patios.***

## HORT shorts

- One of the environmentally friendly ways to rid gardens of grubs and beetles is to introduce nematodes into the soil. These simple multicellular organisms resemble miniature worms or elongated jellyfish. Their name means "threadlike." They are parasites on many species of insects, bacteria and fungi. Consult your county Extension Office or nursery specialist before determining what kind of nematodes to use.

- Aphids have ruined many plants, but so have chemical treatments to remove those tiny pests. An environmentally friendly treatment is to spray the leaves with a mild solution of biodegradable soap, using two tablespoons soap to a gallon of water. Aphids also dislike garlic. Crush up a head of garlic in a gallon of warm water. Let it stand for a couple of weeks in a cool place. Then spray it liberally on the leaves and watch it go to work.

- In gardening, the two basic factors are soil and climate. Give consideration to both. In vegetable and flower gardens, the direction the growing area faces will determine how much sun it receives in general. A south-facing plot is warmer than a north-facing one. An exposed plot may be windy, which can cause problems. If heavy winds prevail during the growing season, plant hearty crops. You may need a windbreak; trees are what most farmers use.

For more August gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

# New AC models offer big improvements

*By James Dulley*

*It's a good year to replace a central air conditioner because there have been some significant changes and improvements in the most efficient and comfortable models for 2004. Also, operating sound levels have been seriously addressed and some of the new models are much quieter, both indoors and outdoors.*

If you have electric resistance heating, before you decide on a new central air conditioner (cool only) model, consider installing a heat pump model instead. All of the central air-conditioning units that I will discuss have corresponding heat pump models for both heating and cooling your house year-round. A heat pump model will cost about $350 to $500 more initially because of some additional controls and valves. They look identical on the exterior.

This year, the cooling efficiencies (SEER - Seasonal Energy Efficiency Ratio) for central air conditioners have skyrocketed to more than 19 and the comfort level is much improved. The SEER relates the amount of cooling (BTU) to the amount of electricity consumed (watts). The highest-efficiency models can cost substantially more initially, so have your cooling contractor do payback analyses on models in several efficiency ranges.

If your existing air conditioner is older than 10 years, installing a new one could cut your cooling electric bills by more than 50 percent. A higher-efficiency model will also reduce the peak electricity demand on the hottest summer afternoons. Reducing the peak demand can help control long-term electricity rates.

The highest-efficiency models use a two-stage compressor design to provide the best comfort, particularly in very humid climates and during the milder weather of early and late summer. These are the times when you often sense that clammy feeling. Your old standard air conditioner can adequately cool the indoors during the mild weather, but it does not run long enough to also adequately dehumidify the indoor air.

Using a two-stage compressor, these models vary the cooling output to the immediate cooling needs of your home. During mild weather, they operate in the low-stage, super-efficient stage with reduced cooling output.

There are several effective designs of efficient, reciprocating-piston, two-stage compressors that have been used for many years. Some vary the cooling output, depending on which way the motor is rotating. Another design uses a two-speed compressor that always turns in the same direction. Other models use two small compressors and run both compressors only when it is very hot outside and your house need extra cooling.

***Diagram of heat pump air conditioner indoor air handler.***

The newest and one of the best designs is a two-stage scroll compressor, which several manufacturers have begun using. This new two-stage scroll compressor uses an ozone-friendly R410A refrigerant. A scroll compressor produces enough cooling and airflow at the low-output stage to insure that adequate cool, dehumidified air reaches all the rooms in your house.

The new models with reciprocating-piston or scroll compressors that use R410A instead of freon R-22 tend to operate quietly. The R410A requires higher operating pressures, so the tubing and materials must be made stronger, making it less noisy. Many other new soundproofing design features and materials are incorporated into the new models. Old compressors using freon will gradually be phased out of production by law by the year 2010.

Whether you choose a super-efficient two-stage or a lower priced one-stage model, consider replacing the indoor coil and blower unit with a variable-speed blower. This will increase the efficiency and comfort level with much less indoor noise year-round.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 533 – buyer's guide of the 19 most efficient one- and two-stage central air conditioners listing cooling outputs, SEERs, comfort features, warranties and a savings chart. Please include $3.00 and a business-size SASE and send to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

**Send to:**

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## Brownie Caramel Parfaits

½ cup chopped pecans
½ cup shredded coconut
1 package brownie mix (8-by-8-inch pan size)
1 pint of vanilla ice cream
1 jar (12¼ ounces) caramel ice cream topping

Place pecans and coconut in an ungreased baking pan. Bake at 350 degrees for 10-12 minutes or until toasted, stirring frequently. Meanwhile, prepare brownies according to package directions. Cool; cut into small squares. When ready to serve, layer the brownies, ice cream, caramel topping and pecan mixture in parfait or dessert glasses; repeat layers one or two times.

Yield: 6 servings

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## Wild Rice Salad

1 cup uncooked wild rice
Seasoned salt, optional
2 cups diced cooked chicken
1½ cups halved green grapes
1 cup sliced water chestnuts, drained
¾ cup reduced-fat mayonnaise
1 cup cashews, optional
Lettuce leaves

Cook rice according to package directions, omitting salt or substituting seasoned salt if desired. Drain well; cool to room temperature. Spoon into a large bowl; add chicken, grapes, water chestnuts and mayonnaise. Toss gently with a fork. Cover and chill. Just before serving, add cashews if desired. Serve on lettuce leaves or line a bowl with lettuce leaves and fill with salad.

Yield: 6 servings

## Hawaiian Fruit Salad

1 whole fresh pineapple
1 can (15 ounces) mandarin oranges, drained
1½ cups sliced fresh strawberries
1½ cups green grapes, halved
1¼ cups pina colada-flavored or vanilla yogurt
½ cup flaked coconut, toasted, divided
¼ to ½ teaspoon coconut or vanilla extract

Stand the pineapple upright and vertically cut a third from one side, leaving the leaves attached. Set cut piece aside. Using a paring or grapefruit knife, remove strips of pineapple from the large section, leaving a half-inch shell; discard core. Cut strips into bite-size chunks. Invert shell onto paper towels to drain. Remove fruit from the small pineapple piece and cut into chunks; discard peel. Place shell in a serving basket or bowl.

In another bowl, combine the pineapple chunks, oranges, strawberries and grapes. Combine the yogurt, ¼ cup coconut and extract; spoon over fruit and stir gently. Spoon into pineapple shell. Sprinkle with remaining coconut.

Yield: 6 servings

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